

ACTIVITY GUIDE

13th Annual Teen Haunted House at South Shore Center



FALL 2016

Parks
Make
Life
Better!



**TEEN
VOLUNTEERS NEEDED!**
See page 16 for details

Admission Payable At The Door
Friday, October 28—5:00 p.m. to 9:00 p.m.
Saturday, October 29—3:00 p.m. to 8:00 p.m.
Sunday, October 30—3:00 p.m. to 7:00 p.m.



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DIRECTOR'S MESSAGE

Happy Fall!

ARPD has an amazing staff that works hard to keep our parks enjoyable for all; provide regular favorites and new programs; and ensure there are activities and social experiences for people of all ages – little kids to centenarians. I want to introduce and welcome a wonderful addition to our team - Parks Foreperson, Bill Hudson. He brings a wealth of knowledge and experience in parks maintenance.

ARPD has expanded its Park Monitor program. We have additional staff in the parks weekday evenings and all day on weekends to make sure the parks are clean and safe. You can always call our Off-Hours Parks Maintenance Hotline at 775-5459 to report issues.

And we'll soon have two new parks to add to our list of 19 Alameda parks! The first phase of Estuary Park is starting construction now. This phase includes a lighted synthetic turf, multi-use athletic field plus a baseball/soccer field that is designed and prioritized for youth and adults with physical and mental challenges. The City made a conscious and informed decision to use a polymer fill rather than the recycled tire crumb rubber infill for the synthetic turf field. This field will be open by Summer 2017 and provide an amazing new sports experience for our youth.

On July 5, the City Council approved the detailed design of Jean Sweeney Open Space Park and we are now working to complete the construction documents. The first phase of the park is the Cross Alameda Trail, a bicycle and pedestrian trail running east/west through the park. This phase will start construction later this fall.

Mastick Senior Center has also been busy, adding new programs and facilities. Come check out the new bocce ball courts – one of which doubles as a putting green! And we are constantly adding new classes and trips, to complement the 100+ classes Mastick already offers. One of these is pickleball, which is a fun, low-impact way to get out and exercise.

As always, I welcome your ideas and suggestions. You can contact me at awooldridge@alamedaca.gov, (510) 747-7570 or like us on Facebook.



Amy Wooldridge, Director

Attention Attention
Our office hours are
Monday through Friday
8:30 am to 5:30 pm

ARPD Program Staff

Christina Bailey

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cbailey@alamedaca.gov

Ed Kallas

Senior Programs, Travel
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Park & Facility Rentals
510-747-7576
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Shawn Smith

Teens, Classes, Special Needs
510-747-7555
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ARPD Contacts

Web

www.alamedaca.gov/recreation

Online Registration

www.arpdeplay.com

Email

arpd@alamedaca.gov

Facebook

playARPD on Facebook

Phone

510-747-PLAY

Fax

510-523-4071

Hours

Monday – Friday: 8:30am – 5:30pm

Off-Hours**Park Maintenance Hotline**

After Hours : 775-5459

Field Condition Hotline

After 2pm: 747-7540

Mastick Senior Center

747-7500

Parks & Facilities

See page 19



Alameda Youth Committee (AYC)

Meets most 1ST and 3RD Wednesday at 4:00 p.m. Schedule available for grades 6-12. Veteran's Building, 2203 Central Ave., Rm. 390.

COMMUNITY - CITY DIRECTORY

Alameda City Council

Trish Herrera Spencer	Mayor
Frank Matarrese	Vice Mayor
Tony Daysog	Councilmember
Marilyn Ezzy Ashcraft	Councilmember
Jim Oddie	Councilmember

Recreation and Parks Commission

Ruben Tilos	Chair
Bill Delaney	Vice-Chair
Ron Limoges	Member
Mario Mariani	Member
Adam Trujillo	Member

ARPD Staff

Jill Keimach	City Manager
Amy Wooldridge	ARPD Director
Jackie Krause	Senior Services Manager
John McDonald	Parks Manager
Bill Hudson	Park Foreperson
Patrick Russi	Recreation Manager
Christina Bailey	Recreation Specialist
Edward Kallas	Recreation Specialist
Dennis McDaniels	Recreation Specialist
Shawn Smith	Recreation Specialist
Nora Pon	Senior Clerk
Katherine Sirota	Administration
Amy Vales	Accounting Technician

Mastick Senior Center Advisory Board

Meets 3RD Wednesday at 9:30 a.m.
Mastick Senior Center
1155 Santa Clara Ave., Room D

Golf Commission

Meets 2ND Tuesday at 6:30 p.m. every other month (Jan, Mar, May, July, Sept, Nov.) at City Hall, 3rd Floor, Room 360, 2263 Santa Clara Ave., Alameda

Recreation and Parks Commission

Meets every 2ND Thursday at 7:00 p.m. at City Hall, Council Chambers 2263 Santa Clara Ave., Alameda
Everyone welcome. Also televised live on Alameda Cable TV Ch. 15.

CITY DEPARTMENT PHONE LIST

Emergency (Life or Property at Risk)	911
City Information	747-7400
City Attorney	747-4750
City Clerk & City Council	747-4800
City Manager's Office	747-4700
Alameda Municipal Power (AMP)	748-3901
Community Development	747-6850
Building	747-6800
Economic Development	747-4880
Finance	747-4881
Fire (Non-Emergency only)	337-2100
Chuck Corica Golf Complex	747-7800
Housing Authority	747-4300
Human Resources	747-4900
Job Opportunity Website	www.alamedaca.gov/humanresources
Library	747-7777
Police (Non-Emergency only)	337-8340
TEL-A-COP Hotline	835-2267
Animal Shelter	337-8565
Animal Control	522-2423
Public Works	749-5840



COMMUNITY RESOURCES

AC Transit	www.actransit.org
Alameda Adult School	www.alameda-adult-school.org
Alameda Boys & Girls Club	www.alamedabgc.org
Alameda Career Center	www.alameda.peralta.edu/one-stop-career-center
Alameda Education Foundation	www.alamedaeducationfoundation.org
Alameda Family Childcare Association	521-3997
Alameda Family Services	www.xanthos.org
Alameda Food Bank	www.alamedafoodbank.org
Alameda Historical Museum	www.alamedamuseum.org
Alameda Hospital	www.alamedaahs.org
Alameda Meals on Wheels	www.alamedamealsonwheels.org (865-6131)
Alameda Unified School District	www.alameda.k12.ca.us
Alameda Youth Collaborative	www.alamedayouth.com
American Red Cross	www.redcross.org
BANANAS	www.bananasbunch.org
Building Futures with Women and Children	www.bfvc.org
Chamber of Commerce	www.alamedachamber.com
College of Alameda	www.alameda.peralta.edu
Crab Cove Visitors Center	www.ebparks.org/parks/vc/crab_cove
East Bay Paratransit	www.eastbayparatransit.org
East Bay Regional Park District	www.ebparks.org
Friends of the Parks Foundation	www.alamedaparks.org
Girls Inc. of the Island City	www.girlsincislandcity.org
Rhythmix Cultural Center	www.rhythmix.org
USS Hornet Foundation Museum	www.uss-hornet.org
State Park Info and Reservations	www.parks.ca.gov

COMMUNITY SPORTS

Aeromanics - Aeronuts	www.aeromaniacs.com
Alameda Attack Lacrosse	www.alamedalacrosse.com
Alameda Babe Ruth	www.alamedababeruth.com
Alameda Alligators	www.alameda-alga.com
Alameda Girls Softball	www.alamedagsa.com
Alameda Islanders	www.alamedaislanders.org
Alameda Little League	www.eteamz.com/alamedalittleleague
Alameda Pirates Football	www.thealamedapirates.org
Alameda Soccer Club	www.alamedasoccer.org
Alameda Swimming Pool Association	www.alameda-swimming.com
Alameda Wolverines	www.alamedafootball.com
Alameda Youth Basketball	www.alamedayouthbasketball.com
Artemis Rowing	www.artemisrowingclub.org
California Rowing Club	www.californiarowingclub.com
Chuck Corica Golf Complex	www.alamedagolf.com
Special Olympics (Alameda)	www.sonc.org/sports/county/alameda

EVENTS

Starlight Movies in the Park

Free Starlight Movies in the Park will again take place this summer for families to enjoy. The event starts at 6:30 p.m. with pre-show festivities of games and crafts for kids. The featured movie begins at approximately 8:00 p.m. Snacks and food are available and proceeds support the Teen Program. Bring your own chairs and blankets and enjoy a film under the stars.

Inside Out

Friday, September 9, 6:30 – 10:30 p.m., Leydecker Field

Frozen

Friday, December 2, 6:00 – 10:00 p.m., College of Alameda Gym, 555 Ralph Appenzato Memorial Parkway, Alameda



California Coastal Cleanup Day

Saturday, September 17, 9:00 a.m. – 12:00 p.m.
Meet at Park St. & Shoreline Dr.

Take part in this international volunteer event! Coastal Cleanup Day is a great way for families, students, service groups, and neighbors to join together, take care of our fragile marine environment, show community support for our shared natural resources, learn about the impacts of marine debris and how we can prevent them... and to have fun!

Join us at Park Street and Shoreline Drive from 9am-12:00noon, bring your own bucket and gloves, wear sunscreen and closed-toe shoes, and help us clean up the shoreline all along Crown Beach. For more information about this event, please call the Public Works Department at (510) 747-7930, or visit the California Coastal Commission web site at www.coastal.ca.gov.



510-747-7777

Check us out at www.alamedafree.org,
on our Facebook page at
www.facebook.com/alamedafreelibrary,
on Tumblr at alamedafree.tumblr.com,
or on Twitter at [@alamedafree](https://twitter.com/alamedafree).

FREE Concert Schedule **FREE** 2016-2017

Wednesday, October 12, 2016, 7:30 p.m.

Alameda Community Band's Fall Concert
Kofman Auditorium, 2200 Central Avenue

Friday, December 2, 2016, 7:30 p.m.

Alameda Community Band/Chorus Holiday Concert
Kofman Auditorium, 2200 Central Avenue

Sunday, December 4, 2016, 4:00 p.m.

Alameda Community Chorus Concert
Cardinal Point, 2431 Mariner Square Drive



Alameda Friends of the Parks Foundation Bike for the Parks

Saturday, October 15, 2016, starting at 9:00 a.m.

9:00 a.m. – 20 mile ride begins

10:00 a.m. – 8 mile fun ride begins

11:00 a.m. – 3:00 p.m. – After party at Washington Park includes Food Truck Mafia, Jumpers, Crafts and entertainment by the Sun Kings. Cost: \$35 before Sept. 1; \$45 after. Register and More Information available on the back cover of this issue or at www.alamedabicycle.com/bike4parks

All proceeds directly benefit Alameda parks.



BICYCLE SAFETY

Education Classes for All Ages:

Learn how to safely ride your bicycle, be more comfortable bicycling with your whole family, or learn how to ride a bicycle no matter what your age. Bike East Bay provides bicycle education classes throughout the East Bay, including in Alameda and nearby Oakland. Classes are free and offered all year. Pre-registration is recommended.

Find all classes and descriptions online at
BikeEastBay.org/education
or by phone at 510-845-7433, ext 2.

37th Annual Holiday Boutique **FREE**

Sunday, November 6, 10:00 a.m. – 4:00 p.m.

New Location is DeWitt O'Club, 641 W. Redline Ave.

All items are homemade and hand crafted by more than 50 Crafters. Free admission. The proceeds benefit the Leisure Club, a recreation program for developmentally disabled teens and adults, sponsored by ARPD.

City of Alameda Mayor's Holiday Tree Lighting Ceremony **FREE**

Saturday, December 3, 2016, 4:30 p.m., City Hall

Come and enjoy performances from community groups followed by the tree lighting ceremony and The Mistletones' Rockin' Holiday Show.

Breakfast with Santa

Saturday, December 10, 10:00am – 12:00pm

See page 11 for details



510-747-7777

Check us out at **www.alamedafree.org**,
on our Facebook page at
www.facebook.com/alamedafreelibrary,
on Tumblr at **alamedafree.tumblr.com**,
or on Twitter at **@alamedafree**.

PLAY FOR THE PARKS

The Most Enjoyable Day You'll Have All Year!

4th Annual Golf Tournament Monday, October 3, 2016

Chuck Corica Golf Complex-North Course

Check-In Starts at 10:00 a.m. • Shotgun Start at 12:00 noon

A day of friendship, laughs and golf with a dinner and auction afterwards. It has been called the "most enjoyable golf outing of the year" and promises to match that opinion again this year!

Entry Fee: \$95 per person – includes golf, cart, cart bag with goodies, dinner and hosted bar with wine and beer! Best deal in town!



SPONSORED BY THE ALAMEDA FRIENDS OF THE PARKS FOUNDATION

Board Members: Jean Brennan, Tony Corica, Bill Delaney, Gina Jaber, Ken Miller, Joe Restagno, Lena Tam
Advisory Members: Mario Mariani, Jeff Cambra, Anna Elefant

A Non-Profit 501 (c) (3) organization

Details and Entry Forms available at:
www.alamedaca.gov/recreation or www.alamedaparks.org

MARK YOUR CALENDARS!!

16th Annual Father Daughter Dance Party Co-sponsored by Girls Inc. of the Island City and Alameda Recreation & Park Department

A special party for girls who will be in kindergarten through fifth grades, during the 2016-17 school year. There will be dancing, arts & crafts, hors d'oeuvres, and lots more fun! Each daughter will receive a special memento at the end of the evening.

Friday, February 10th
6:00 p.m. – 8:30 p.m.
Albert H. DeWitt O'Club,
641 West Redline Avenue

Registration begins
on December 5th and
ends January 20th
or until event sells out,
so sign-up early!



ALAMEDA WALKS

All walks begin at 9 a.m. and last approximately one hour (except when indicated). Look for the red Alameda Walks hats! While we love the furry pets, we prefer that they wait for you at home unless designated as a pet walk.

August 13 Uplands of Bay Farm

UPDATED

Meet at Godfrey Park, 281 Beach Road BFI (94502) in front of recreation building. This revised walk will focus on the farm lands that once dominated Bay Farm Island and its history. Dennis Evanosky and Eric Kos will lead this walk.
Note: walk lasts 1 hour 15 minutes

September 3 Cardinal Point, Floating Homes, & Marina Village and More!

Meet at Cardinal Point, 2431 Mariner Square Drive, in front of the flagpole. Begin walk along estuary and past Barnhill Marina – Alameda's own floating home district. In addition get a tour of Cardinal Point as they celebrate 10 years in Alameda.

September 10 Webster Street Walk

NEW

Meet at Washington Park, 740 Central Ave. in front of recreation building. This new walk will focus on the rich Webster Street history. Dennis Evanosky and Eric Kos will lead this walk.
Note: walk lasts 1 hour 15 minutes

October 1 Jet Crash & Lower Township of Encinal

UPDATED

Meet at Franklin Park, 1432 San Antonio Ave in front of recreation building. This walk will explore the early township of lower Encinal and discuss impact of 1973 Navy Jet crash. Dennis Evanosky and Eric Kos will lead this walk.
Note: walk will last 1 hour and 15 minutes

October 8 Classic Buildings & Park Street Car Show

Meet at Oak & Central in front of Twin Towers UM Church. This walk will discuss the historic buildings in the city center and then have opportunity to check out classic cars on Park Street.



Thrift Store Costumes Always Win

Why buy new costumes?

The best and cheapest costumes for Halloween or other party needs can be found at a local thrift shop.

The perfect combination of hats, dresses, suits, shoes, and fun props can be constructed into your next award-winning costume.



Illustration by Suhita Shirodkar

Aphrodite's Closet
1419 Park Street

Goodwill
2319 Lincoln Avenue

Juniper Tree Vintage
1320 Park Street

Lauren's Closet
1420 Park Street

Mastick Thrift Shop
1155 Santa Clara Ave

Rocket Reuse
1355 Park Street

Salvation Army
1918 Park Street



Alameda Friends of the Parks Foundation Bike for the Parks

Saturday, October 15, 2016, starting at 9:00 a.m.

9:00 a.m. – 20 mile ride begins

10:00 a.m. – 8 mile fun ride begins

11:00 a.m. – 3:00 p.m. – After party at Washington Park includes Food Truck Mafia, Jumpers, Crafts and entertainment by the Sun Kings. Cost: \$35 before Sept. 1; \$45 after. Register and More Information available on the back cover of this issue or at www.alamedabicycle.com/bike4parks

All proceeds directly benefit Alameda parks.



Cleanup Checklist:

- ☐ Bring your own trash collection bucket, work gloves and reusable water bottle
- ☐ Wear sturdy, closed-toe shoes
- ☐ Kids welcome (must be accompanied by an adult if under 18)

**PRE-REGISTER BY CALLING
1-888-EBPARKS (1-888-327-2757)**

Coastal Cleanup Day 2016

Saturday, September 17, 2016 – 8:30 am to 12:00 pm

Meet at Shore Line Drive at Park Street

Every year, on the third Saturday in September, people join together at sites all over California to take part in the State's largest volunteer event, **California Coastal Cleanup Day**.

In 2015, more than 68,000 volunteers removed nearly 1,143,000 pounds of trash and recyclables from California's beaches, lakes, and waterways. The event is part of the International Coastal Cleanup, which is the **largest volunteer event on the planet!**



PUBLIC LIBRARY

Hours and Locations

Main Library: 1550 Oak Street, 510-747-7707

- Mon-Tues: 12:00pm-8:00p.m.
- Wed: 10:00am-8:00pm
- Thurs-Sat: 10:00am-5:00pm
- Sun: 1:00pm-5:00pm

West End Library: 788 Santa Clara Ave, 510-747-7767

- Mon: 12:00pm-8:00pm
- Wed: 10:00am-6:00pm
- Thurs & Sat: 10:00am-5:00pm

Bay Farm Island Library: 3221 Mecartney Rd, 510-747-7787

- Mon: 10:00am-6:00pm
- Tues: 12:00pm-8:00pm
- Thurs & Sat: 10:00am-5:00pm

Alameda Reads Adult Literacy Service:

2203 Central Ave, 510-865-2454

- Call for appointment

Monthly Children Activities

(on hiatus in August, all programs resume in September):

STORYTIMES:

- Mama Goose (for toddlers 18 mos.-3yrs): Saturdays, Main Library, 10 am
- Peter Rabbit (for preschoolers 2-5yrs): Wednesdays, West End Library, 10:30 am
Thursdays, Main Library, 10 am and 11 am
- School Age (Kindergarten-3rd grade): Wednesdays, Main Library, 3:30 pm
- Family (all ages): Tuesdays, Bay Farm Island Library, 7 pm

FIRST FRIDAY FAMILY FILM:

- First Friday of the month, Main Library, 7 pm

WE LOVE LEGOS™:

- 2nd Saturday of the month, Main Library, 2-4 pm
- 3rd Thurs. of the month, Bay Farm Island Library, 3:30 pm
- 4th Thursday of the month, West End Library, 3:30 pm

THURSDAY CRAFTS:

- 1st Thurs. of the month, Bay Farm Island Library, 3:30 pm
- 2nd Thursday of the month, West End Library, 3:30 pm



Monthly Adults Activities

(at the Main Library unless otherwise noted)

OPEN COMPUTER LAB:

- Sundays 1-5 pm
- Tuesdays 1-4 and 5-8 pm
- Wednesdays 1-4 pm
- Fridays 10 am -2 pm

COMPUTER CLASSES:

- Most Wednesdays 6-7:30 pm

FILM SERIES:

- Usually the 1st Monday of the month, 5:30 pm.

AFL WRITERS GROUP:

- 2nd Saturday of the month 12:30-4:30 pm

LAWYERS IN THE LIBRARY:

- Main, 1st Wed. of the month, sign-ups start at 5:30 pm
- West End, 3rd Mon. of the month, sign-ups start at 5:30 pm

NOTARY PUBLIC:

- 1st Tuesday of the month, sign-ups start at 5:30 pm

CHECK YO'SHELF BOOK CLUB - YA BOOKS FOR ADULTS

- 3rd Tuesday of the month, 7 pm

CUP OF COFFEE AND A GOOD BOOK:

- 3rd Wednesday of the month 1:15 pm
Bay Farm Island Library/Islandia Clubhouse

Special Events

ADULTS:

August

- 9th, Alameda Hospital Stroke Risk Assessment, 1-4 pm
- 16th, PBS/POV documentary screening "Seven Songs For a Long Life" 6:30 pm

September

- 14th, PBS/POV documentary screening "From This Day Forward" 6:30 pm

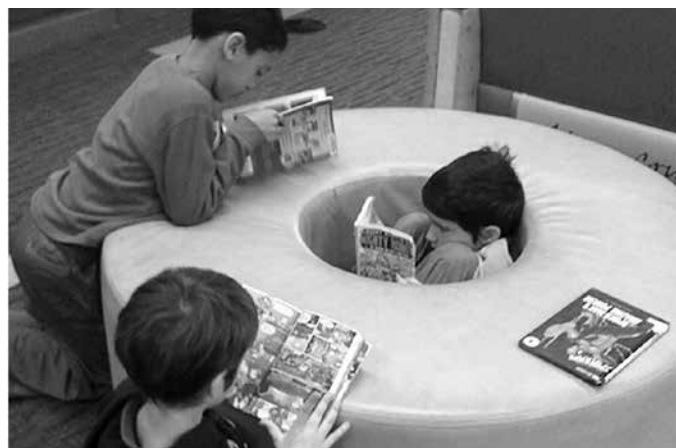
October

- 12th, PBS/POV documentary screening "What Tomorrow Brings" 6:30 pm
- 23rd, Libraries Outside Monarch Butterfly program with East Bay Regional Parks 12:30-2 pm
- 30th, S.F. Shakespeare Festival, "Twelfth Night" performance 2 pm

Libraries Outside events and Libraries Outside Family

Nature Club outings scheduled monthly

- Check www.librariesoutside.us or www.meetup.com/libraries-outside-Alameda for exact dates/times/locations.



TOTS - PLAYGROUP & PRESCHOOL

PRESCHOOL

Tiny Tots & Small Fry

Ages 3 – 5

The Alameda Recreation and Parks Preschool offers a recreation, play-based program for children ages 3 to 5 years old (pre-kindergarten). Activities include storytelling, games, arts and crafts, cooking, music, motor fitness and free play.

REQUIRED:

- Children must be the correct age on the first day of class
- Children must be completely potty-trained and able to attend to their own personal needs to the best of their ability
- Children must also be able to separate from their parents.
- **PROOF OF AGE IS REQUIRED AT TIME OF REGISTRATION**
- **– NO EXCEPTIONS**

FALL 2016 (14 WEEKS)

September 6 - December 16, 2016

No classes Nov. 11th and Nov. 21st to 25th
(1st due on enrolling, 2nd due 9/15/16)

Mon-Wed-Fri: Full Payment: \$788; Two Payments: \$409 each

Tues – Thurs: Full Payment: \$526; Two Payments: \$278 each

Mon – Friday (5 days): Full Payment: \$1314; Two Payments: \$687 each

WINTER 2017 (12 WEEKS)

January 9 – March 31, 2017

No classes Jan 16th, Feb. 17th and 20th
(1st due on enrolling, 2nd due 1/17/17)

Mon-Wed-Fri: Full Payment \$675; Two Payments: \$352.50 each

Tues – Thurs: Full Payment: \$450; Two Payments: \$240 each

Mon – Friday (5 days): Full Payment: \$1125; Two Payments: \$592.50 each

NEW students for any remaining spots may register Thursday, December 1, 2016 at 8:30 a.m. at the ARPD office, 2226 Santa Clara Ave., Alameda.
(Students in FALL 2016 session have registration priority)



PLAY GROUP

Alameda Wee Play

Ages 6 month – 3 years

Come and experience Alameda's play center for infants and toddlers ages 6 month – 3 years! Activities include arts and crafts, music time, and developmental and exploratory play. Activities are minimally structured allowing children to enjoy and explore on their own terms. Children must be accompanied and supervised by a parent or caregiver at all times.

Mon, Wed & Fri	10:00a.m. - 1:00p.m.
\$6 Drop-in per day per child	or \$60 Drop-in Card for 12 visits
Location: Alameda Veteran's Memorial Building, 2203 Central Avenue	
(Closed - Sept. 5, Nov. 11, 23, 25, Dec. 26)	
Volunteer to set up or clean up and receive free entrance for that day (limited number available)!	



FALL & WINTER SMALL FRY CLASSES (3 to 3 yrs, 11 mos.)

Day	Time	Location	# Fall	# Winter
Mon, Wed & Fri	9:00am – 12:00pm	Godfrey, Bay Farm Is.	17187	17543
Tues & Thurs	9:00am – 12:00pm	Godfrey, Bay Farm Is.	17188	17544
Mon, Wed & Fri	9:00am – 12:00pm	Littlejohn Park	17189	17548
Tues & Thurs	9:00am – 12:00pm	Littlejohn Park	17190	17545
Tues & Thurs	9:00am – 12:00pm	McKinley Park	17992	17546
Tues & Thurs	9:00am – 12:00pm	Washington Park	17200	17547

FALL & WINTER TINY TOT CLASSES (4 to 5 years)

Day	Time	Location	# Fall	# Winter
Tues & Thurs	9:00am – 12:00pm	Leydecker, Bay Farm Is.	17195	17549
Mon, Wed & Fri	9:00am – 12:00pm	Leydecker, Bay Farm Is.	17196	17550
Mon, Wed & Fri	9:00am – 12:00pm	McKinley Park	17197	17551
Mon, Wed & Fri	12:00pm – 3:00pm	McKinley Park	17193	17552
Mon, Wed & Fri	9:00am – 12:00pm	Washington Park	17198	17553
Mon, Wed & Fri	9:00am – 12:00pm	Woodstock Park	17194	17555
Tues & Thurs: Bilingual	9:00am – 12:00pm	Woodstock Park	17199	17554

AFTERSCHOOL CARE

Recreation Afterschool Program - RAP

August 22, 2016 – June 8, 2017

Grades K – 5

A supervised afterschool program for elementary-aged children with activities including games/sports, cooking, arts and crafts, and a daily snack. RAP leaders meet the students at AUSD schools at dismissal and walk them to the park, where they can stay until 5:30 p.m. (Students must dress appropriately for cold and rainy weather). Participants may register to attend 2, 3 or 5 days a week. RAP does not meet on public school holidays, legal holidays, or AUSD staff development days. RAP includes early Wednesdays and modified days. Children may be picked up by a designated person, or may walk or bike home with permission from their parents.

RAP for all-day Kindergarten through 5th graders is offered at the following sites:

- NEA & Ruby Bridges Schools – Bayport Park
- Franklin, Haight & Lum Schools – Franklin Park
- Earhart School – Leydecker Park
- Edison & Otis Schools – Lincoln Park
- Bayfarm School – Tillman Park
- Maya Lin & Paden Schools – Washington Park

*A minimum of 10 students must be registered at a school in order to be a RAP Pick-Up Site.

FALL SESSION

August 22 – November 18, 2016

1st due on enrolling; 2nd payment due by 10/6/16

5 days/week: Full Payment: \$649; Two Payments: \$355 each

3 days/week: Full Payment: \$429; Two Payments: \$245 each

2 days/week: Full Payment: \$304; Two Payments: \$182 each

WINTER SESSION

November 28, 2016 – March 10, 2017

1st due by 11/23/16, 2nd payment due by 1/26/17

A limited number of reduced fees are available for students. To qualify, please complete a fee assistance request form from ARPD.

PLAYGROUND PROGRAM

Parks and Playground Program

2016-2017 School Year: Grades K – 5

The perfect opportunity for your child to participate in fun, safe, and cooperative activities where they can be creative, develop skills and make friends in an outdoor setting. Although leaders encourage participation, children are not required to participate in scheduled programs. Activities may include arts and crafts, cooking, drama, games, nature and special events. A nominal fee may be charged to help cover program supply costs. Monthly activity calendar for each site are available upon request. This program is FREE and there is no obligation to attend every day. This is not a childcare service – Parents may leave their child alone at the park at their own risk.



FREE

FREE Drop-in Afterschool Activities

Monday – Friday

3:00p.m. – 5:00p.m.

Park sites include

Bayport, Franklin, Lincoln, Longfellow, Tillman, and Washington Parks

All Sites Closed on School Holidays

Labor Day, Monday ~ Sept. 5, 2016
Veteran's Day, Friday ~ Nov. 11, 2016
Thanksgiving Day, Thursday ~ Nov. 24, 2016
Day after Thanksgiving, Fri. ~ Nov. 25, 2016



MEET SANTA

Breakfast with Santa

You better watch out, you better not cry, you better not pout, I'm telling you why – Santa's here in Alameda! Join Santa for breakfast, arts & crafts, and take a photo with the big guy. All attendees must pre-register regardless of age. All children must be accompanied by an adult and pre-registration is required. Space limited to 125 people. Register by December 1. No refunds or credits will be issued.

Saturday, December 10	10:00am – 12:00pm
Fee: \$18 (13 years and older)	\$10 (2 – 12 years)
FREE (under 2)	Class # 17509
Location: Albert H. DeWitt O'Club, 641 West Redline Ave.	

Santa's Visit Alameda Homes

Ho! Ho! Ho! Santa, Rudolph and the gang will be back in Alameda. Santa will make a special ten-minute visit to your child at home. Arrangements can be made for Santa to bring a gift. Please note that Santa may not be able to speak to every child, if he visits a large party. Reservations will be available starting Nov. 2, 2016 at the ARPD Office; faxed registrations will be accepted starting on November 4, 2016.



Saturday, December 17	Class # 17510
Sunday, December 18	Class # 17511
4:40pm – 8:30pm	\$40 for one 10-minute visit

WINTER CAMPS

Winter Wonderland Camps

Grades K – 5

Make this holiday season special by registering your children for one or both sessions of ARPD's Winter Wonderland Camp. Arts and crafts, games and cooking, which follow a theme, are just part of the excitement. Walking excursions may also be scheduled, dependent on weather. Please bring a bag lunch; snacks will be provided. Camp will be held at Harrison Center (Lincoln Park, 1450 High Street).



Camp Session I	
December 27 – 30	9:00am - 3:00pm
Class # 17514	Fee: \$128 Res / \$140 Non-Res
Session I - Extended Care	Fee: \$60
Class # 17516	7:30 - 9:00am & 3:00 - 5:30pm
Camp Session II	
January 3 - 6	9:00am - 3:00pm
Class # 17515	Fee: \$128 Res / \$140 Non-Res
Session II - Extended Care	Fee: \$60
Class # 17517	7:30 - 9:00am & 3:00 - 5:30pm

Play-Well Teknologies - Ninjaneering using LEGO®

Winter Break Camp: Ages 5 – 8

Enter the world of Ninjago and become an apprentice Ninjaneer! Learn the way of Spinjitzu, build the Fire Temple, race Skull Trucks, and encounter the mighty Dragon! Imagine and build unique and fun LEGO projects with the guidance of an experienced Play-Well Instructor while exploring the fantasy world of Ninjago.

Class # 17535	Tuesday – Friday	Dec 27 – Dec 30
9:00a.m. – 12:00p.m.	No. of classes: 4	Fee: \$187
Instructor: Play-Well TEKnologies Staff	Veteran's Bldg., Rm. 120	

Extended Care

Ages 5 – 8

Extended Care at Winter Vacation Camp at Harrison Center (Lincoln Park) is available for this camp. Doors open at 7:30 a.m.; participants must arrive by 8:30 a.m. Participants will be driven to and from the Veteran's Building for this camp. Pick up at Harrison Center is no later than 5:30 p.m. You must register for the Play-Well TEKnologies class first, then add the Extended Care.

Class # 17536	Tuesday – Friday	Dec 27 – Dec 30
7:30a.m. – 5:30p.m.	No. of classes: 4	Fee: \$100
Instructor: ARPD Staff	Harrison Center	

NON-SCHOOL DAY CAMPS

Rock 'N Roll Trips

Grades K – 5

Join us for an in-town trip to the U.S.S. Hornet – Alameda's Floating Sea, Air & Space Museum. We will explore this piece of national history, and enjoy a ride on their flight simulator! Participants should bring a bag lunch; morning and afternoon snacks will be provided. Field trip will be off-site between the hours of 8:30am and 4:30pm. Transportation to and from the Hornet may take place on public transportation; more details to come. Activities are onsite before and after the trips. All details subject to change.



Monday, October 10, 2016	7:30am – 5:30pm
Fee: \$75	Class # 17538
Harrison Center (Lincoln Park)	

Days in the Park

Grades K – 5

Come spend your non-school days with ARPD! On Monday we'll be making special arts & crafts, playing great games, and many more surprises. On Tuesday, we will leave the park and visit the Exploratorium in San Francisco! Bring your own bag lunch; morning and afternoon snack will be provided. Field trip will be off-site between the hours of 8:30am and 4:30pm (more detailed information will be sent to participants closer to program start date); we will be traveling to the Exploratorium on the ferry from the Alameda Main Street Ferry Terminal, and transportation to and from the Terminal may take place on public transportation. Program will be held at Harrison Center (Lincoln Park). All details subject to change.

November 21-22, 2016	7:30am - 5:30pm
Fee: \$150	Class # 17540
Harrison Center (Lincoln Park)	

Alameda Bricks 4 Kidz One Day Lego Bonanza

Ages 5 – 12

Looking for something fun and engaging for this non-school day? Sign your child up for a day of designing and building machines that are sure to excite! Lego models will include drawing machines, ping-pong poppers, foosball and battle tops! Kids will come away with an understanding for how simple machines work and have a great time doing it. Outdoor time and team builders will round out the day.

Class # 17469	Monday	Oct 10
9:00a.m. – 3:00p.m.	No. of classes: 1	Fee: \$103/Lab Fee: \$15
Instructor: Oona Gilles-Weil	Lincoln Lodge	

Alameda Bricks 4 Kidz Thanksgiving Lego-Camp

Ages 5 - 12

Perfect for any lego enthusiast. Participants will study and build a variety of amazing animals. Watch as caterpillars crawl, snakes slither and turkeys peck and waddle. Lego technic bricks, motors and battery packs will be used to make our mechanical animals come to life. Builds vary in complexity so this camp is appropriate for a large age range. Cooperative games and outdoor activities will be integrated into the day as well. Join us for a fun-filled 3-day camp!



Class # 17470	Mon., Tue., Wed.	Nov 21 - Nov 23
9:00a.m. - 3:00p.m.	No. of classes: 3	Fee: \$228/Lab Fee: \$15
Instructor: Oona Gilles-Weil		Lincoln Lodge

Pre-Ballet

Ages 4 - 5

Learn the basic positions, rhythms and movements of ballet in a fun creative environment! Prior to the first class, please contact Alameda Ballet Academy about their dress code and obtaining dancewear at admin@alamedaballet.com. Voted Best Ballet Classes in the East Bay in 2014 & 2015 by Parents' Press!



Class # 17464	Wednesday	Sep 14 - Nov 16
3:30p.m. - 4:15p.m.	No. of classes: 10	Fee: \$213
Class # 17463	Friday	Sep 16 - Nov 18
3:30p.m. - 4:15p.m.	No. of classes: 10	Fee: \$213
Class # 17465	Saturday	Sep 17 - Nov 19
10:45p.m. - 11:30p.m.	No. of classes: 10	Fee: \$213
Instructor: Alameda Ballet Academy		
Alameda Ballet Academy, 1402 Park St		

ENRICHMENT

Engineering Mania

Grades 1 - 5

Peeking into the fundamentals of Physics, the simple machines that engineers use to make life easier, see how they can be combined to make marvelous machines, from bridges to planes, balloons and catapults. Experience different forces like gravity, inertial, and centripetal force.

Class # 17461	Monday	Sep 19 - Nov 28
4:00p.m. - 5:00p.m.	No. of classes: 10	Fee: \$163
Instructor: Mad Science of Mt. Diablo		Veteran's Bldg., Rm. 120

Dance With Me Ballet

Ages 3 - 4 + Caregiver

You and your little one will gain flexibility while learning the basic positions and steps of ballet alongside one another! This is a great way to get exercise and introduce your child to the world of ballet! No previous experience necessary. ABA does have a dress code for your young dancer, please contact us at admin@alamedaballet.com (subject line: ARPD) prior to your first class about obtaining dancewear. Voted Best Ballet Classes in the East Bay in 2014 & 2015 by Parents' Press!

Class # 17462	Saturday	Sep 17 - Nov 19
9:45a.m. - 10:30a.m.	No. of classes: 10	Fee: \$213
Instructor: Alameda Ballet Academy		Alameda Ballet Academy, 1402 Park St

Ballet 1

Ages 6 - 7

To achieve the beautiful posture and grace of a dancer, students begin by learning the concepts of stretching, strengthening and coordination. Working in first and second positions, students learn the basic exercises which comprise a ballet barre and center floor work. Prior to the first class, please contact ABA about their dress code and obtaining dancewear at admin@alamedaballet.com. Voted Best Ballet Classes in the East Bay in 2014 & 2015 by Parents' Press!

Class # 17466	Tuesday	Sep 13 - Nov 15
3:30p.m. - 4:30p.m.	No. of classes: 10	Fee: \$238
Class # 17467	Thursday	Sep 15 - Nov 17
3:30p.m. - 4:30p.m.	No. of classes: 10	Fee: \$238
Class # 17468	Saturday	Sep 17 - Nov 19
11:45p.m. - 12:45p.m.	No. of classes: 10	Fee: \$238
Instructor: Alameda Ballet Academy		
Alameda Ballet Academy, 1402 Park St		



ARPD Office: 510-747-PLAY
Monday - Friday 8:30am - 5:30pm

CAMP BLADIUM

Ages 5-14



Experience Rock Climbing, Basketball, Wiffle Ball, Kickball, Arts and Crafts, Laser Tag, Legos®, and more!
Weekday camps in the summer | Day camps during school holidays
Kids Night Out on select Saturdays

CLASSES AVAILABLE YEAR-ROUND

visit bladiumalameda.com for schedules



Lil' Kickers
Ages 18 months - 9 years
Child development and soccer fundamentals



Skills Institute
Ages 5 - 12
Soccer Player Development



West Ham United North American Academy
Ages 7-17
Elite Player Development



Pre-Academy
Ages 7-13
Player development in preparation for WHUNAA



Youth Soccer Leagues
U8-U19
Recreational/Competitive indoor and outdoor leagues



Lil' Sluggers
Ages 2-6
Fundamental baseball skills development

BLADIUM
SPORTS & FITNESS CLUB - ALAMEDA

TRY US FOR FREE!
Call 510-814-4999 or
visit bladiumalameda.com

FITNESS

Kids Gymnastics

Ages 12 mos. - 5 years

Ruby's Tumbling is a family owned business for over 28 years. A fun classroom setting for future gymnast designed to teach them the early stages of balance, coordination, flexibility and strength. Watch them gain confidence with every step.

Age: 12 mos. - 24 mos. (with parent participation)		
Class # 17444	Wednesday	Sep 7 - Oct 26
9:15a.m. - 10:00a.m.	No. of classes: 8	Fee: \$123
Ages 2 - 3 (with parent participation)		
Class # 17446	Wednesday	Sep 7 - Oct 26
10:15a.m. - 11:00a.m.	No. of classes: 8	Fee: \$123
Ages 3 - 5		
Class # 17459	Wednesday	Sep 7 - Oct 26
5:15p.m. - 6:00p.m.	No. of classes: 8	Fee: \$133
Instructor: Ruby Gama		
Ruby's Tumbling: 2333 Clement Ave.		

Kids Gymnastics

Ages Kindergarten - 8 years

Ruby's Tumbling is a family owned business for over 28 years. A fun classroom setting for future gymnast. Designed to teach them the early stages of cartwheels, bars, floor and beams. Watch them gain confidence with every step.

Class # 17460	Wednesday	Sep 7 - Oct 26
3:30p.m. - 4:30p.m.	No. of classes: 8	Fee: \$143
Instructor: Ruby Gama		Ruby's Tumbling: 2333 Clement Ave.

Omega Martial Arts

Ages 5 + (parent participation optional)

A mixed martial arts class for fitness, self-defense, and personal development, students will learn to combine striking with grappling. Classes are for all abilities and experience levels.

Class # 17443	Mon. & Wed.	Sep 7 - Dec 14
5:00p.m. - 6:00p.m.	No. of classes: 29	Fee: \$293
Instructor: Omega Martial Arts		Veteran's Bldg., Rm. 250



SPORTS

Jr. Warriors Fall Mini Camp**Grades K – 5**

This exciting and innovative mini-camp program has been specifically designed to offer youngsters in K – 5th grades an opportunity to participate in an organized program of balanced competition and skill development. The program philosophy will stress a positive attitude, teamwork, good sportsmanship, and self-confidence. Staffed by National Academy of Athletics coaches along with ARPD staff.

Each participant will receive a Jr. Warriors jersey.

9:00 a.m.-12:30 p.m.	October 8
Alameda Point Gymnasium	\$99
Grades K – 1	Class # 17290
Grades 2 – 3	Class # 17291
Grades 4 – 5	Class # 17292

Kidz Love Soccer**Ages 2 – 10**

Since 1979, Kidz Love Soccer has been dedicated to teaching children the world's most popular sport within a nurturing, recreational environment. A typical session experience includes age appropriate activities: skill demonstrations, fun games, and instructional scrimmages. Young soccer enthusiasts experience soccer fun in a safe, non-competitive environment. Please bring shin guards and a water bottle.

KLS rain hotline (888) 372-5803



Wednesdays	Sept. 21 – Nov. 9	Upper Washington Park
Tot/Pre-Soccer (3.5-5yrs)		
3:10 pm – 3:45pm	Class #1730	\$113
Soccer 1: Techniques & Teamwork (5-6yrs)		
3:45 pm – 4:30pm	Class # 17302	\$113
Mommy/Daddy & Me Soccer (2-3.5yrs)		
4:40 pm – 5:10pm	Class # 17305	\$113
Saturday Classes Sept. 24 – Nov. 12 Upper Washington Park		
Tot-Soccer (3.5-5yrs)		
9:15 am - 9:50 am	Class# 17299	\$113
Soccer 1: Techniques & Teamwork (5-6yrs)		
9:50 am -10:35 am	Class #17301	\$113
Soccer 2: Skillz & Scrimmages (7-10yrs)		
10:35 am -11:20 am	Class #17303	\$113
Mommy/Daddy & Me Soccer (2-3.5yrs)		
11:30 am -12:00 pm	Class #17304	\$113

43rd ANNUAL ELKS HOOP SHOOT COMPETITION**October 17, 2016- December 16, 2016****Ages 8 – 13, Free!**

A national event, this contest is sponsored locally by the Alameda Elks Lodge 1015 and conducted by the Alameda Recreation and Park Department. Over three million youth from throughout the country enter the competition yearly.



This free competition is held at Bayport, Franklin, Leydecker, Lincoln, Longfellow, Tillman, Washington Parks and Alameda Point Gym during program hours. The event is open to boys and girls 8 to 13 years-old and who attend a school or reside in the city of Alameda.

The contest consists of shooting free throws. Each contestant has 25 shots at the hoop. A child may compete as many times as he or she wishes. Classifications are as follows:

Class A - 12 to 13 year-olds

This division is open to youth who do not reach their 14th birthday before April 1, 2017.

Class B - 10 to 11 year-olds

This division is open to youth who do not reach their 12th birthday before April 1, 2017.

Class C - 8 to 9 year-olds

This division is open to youth who do not reach their 10th birthday before April 1, 2017. Seven year olds who reach their eighth birthday before April 1, 2017, are also eligible in this category.

The top three finalists in each division are eligible to represent their park or club at the city-wide finals, to be held on January 6, 2017 at Alameda Point Gymnasium. The winners in each division will go on to represent the City of Alameda and the Alameda Elks at the District Shoot-Off in late January.

ARPD (510) 747-7529



TEENS/TWEENS - AFTERSCHOOL & FIELD TRIP

WINTER BREAK FIELD TRIP

San Francisco Ice Skating & Movie Grades 6 - 12

Join the ARPD Teen Program for a winter day of fun in the City! Participants will meet at the Underground Teen Center (2203 Central Ave.) and drive to Yerba Buena Ice Skating Center for ice skating, followed by an afternoon movie at the Metreon. The exact movie is to be determined based on what is in theaters and popular in December (movie will be G or PG rated). The return time will be determined by the time the movie lets out, however it should be between 5:00 - 6:30 p.m. Lunch is not provided/included, participants should bring a packed lunch or enough cash to purchase lunch at the Metreon.

Wednesday	December 28
10:00 a.m. - approximately 5:00 - 6:30 p.m.	
Class # 17534	Fee: \$70
Yerba Buena Skating Center and Metreon, San Francisco	

13TH ANNUAL TEEN HAUNTED HOUSE

VOLUNTEERS NEEDED! Teen groups/clubs, and individuals are needed to assist in planning, creating, and working at this year's 13th Annual Teen Haunted House. Teens will have the opportunity to have fun, meet new friends, and earn community service hours while creating an awesome Haunted House for the Alameda community. A minimum commitment of 10 hours is required to ensure the success of this event. All proceeds benefit the ARPD Teen Programs. For more information, please contact Shawn Smith at 510-747-7555, or visit www.alamedaca.gov/recreation.

Class # 17530
Planning Meeting Dates
Location: Veteran's Memorial Building, Room 120
Wednesdays, September 21, 28 and October 5
Time: 4:00 p.m. - 5:00 p.m.
Scene-Design and Set-Up Meeting Dates
Location: South Shore Center
Mon., October 10 (non-school day) from 1:00 p.m. - 5:30 p.m.
Tues., October 11 - Fri., October 14 from 3:45 p.m. - 6:00 p.m.
Mon., October 17 - Fri., October 21 from 3:45 p.m. - 6:00 p.m.
Saturday, October 22 from 12:00 p.m. - 4:00 p.m.
Mon., October 24 - Thu., October 27 from 3:45 p.m. - 6:00 p.m.
Haunted House Dates
Location: South Shore Center
Friday, October 28 from 5:00 p.m. - 9:00 p.m.
Saturday, October 29 from 3:00 p.m. - 8:00 p.m.
Sunday, October 30 from 3:00 p.m. - 7:00 p.m.

AFTERSCHOOL CARE

Underground Teen Center Grades 6 - 12

The Underground Teen Center (UTC) provides a safe place for tweens and teens to have fun, socialize with friends, and participate in active, fun and enriching activities with adult supervision. The UTC has a big screen TV, pool table, video games, ping pong/shuffleboard, board games, music, and a snack bar. There is no charge to visit The Underground, however some activities may require a small materials fee. Participants need to register at the Center and must sign-in and sign-out on a daily basis.

Open Monday - Friday	3:00 p.m. - 5:30p.m.
Closed on school Holidays	
Open during AUSD Winter Break	
Dec. 27 - Dec. 30, and Jan. 3 - 6	12:00 p.m. - 4:00 p.m.
Location: Veteran's Memorial Building, 2203 Central Ave.	

CLUB Underground - Transportation

CLUB Underground is after school transportation from AUSD Middle schools in ARPD vehicles to The Underground Teen Center program. Transportation is not available on public school Holidays, AUSD staff development days, or unscheduled early release days. Participants must be registered in the Underground Teen Center program before they are permitted to use CLUB Underground Transportation.

Mon., Tues., Thur., and Fri.	2:30 p.m. - 3:25 p.m. (varies by school dismissal times)
Wednesday	Pick-up varies by school dismissal times
Academy of Alameda	Class # 17520
Alameda Community Learning Center	Class # 17521
Bay Farm School	Class # 17522
Junior Jets	Class # 17523
Lincoln Middle School	Class # 17524
NEA	Class # 17525
Wood Middle School	Class # 17526



ENRICHMENT & VOLUNTEER - TEENS/TWEENS

LEADERSHIP

Alameda Youth Committee (AYC)

Grades 6 - 12

Alameda Youth Committee (AYC) is currently recruiting members for the 2016 - 2017 School Year. Get involved with planning activities for teens: Haunted House, Talent Show, AYC food booth, social events, community issues, fundraising...and beyond! We are seeking responsible and motivated teens who would like to get hands-on experience with volunteerism, leadership and event planning, and have a lot of fun! Use your creativity, experience, initiative and community spirit to make a difference in Alameda. Members are required to attend meetings regularly. AYC hours count towards school community service requirements. Hours include some weekends for community events. September and October are mostly dedicated to the Teen Haunted House. Applications are available at The Underground Teen Center, and on our website at alamedaca.gov/recreation. For more information, please call Shawn Smith, Recreation Services Specialist, at (510) 747-7555 or e-mail him at: sdsmith@alamedaca.gov.

Sep. 7 - May 31	4:00 p.m. - 5:00 p.m.
Class # 17518	Vet's Bldg., Rm. 390
Regularly scheduled meetings most 1st and 3rd Wednesday of the month. Fall 2016 meeting dates provided at first meeting on Sep. 7.	

ENRICHMENT

Driver Education Internet Study

Ages 15+

DMV allows teens to receive their Learner's Permit at age 15 ½ and a license at age 16. This class is the FIRST, required step that must be completed. This is an online course with videos, animated driving scenarios and sample test questions. Learn the rules of the road, major causes of traffic collisions, DMV procedures, etc. A licensed instructor is available to answer any questions. Receive DMV-approved certificate of completion. Registration is ongoing, sign up anytime. Upon registering, please notify Recreation Service Specialist, Shawn Smith, at sdsmith@alamedaca.gov.

Class # 17519	Fee: \$48
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Unlocking Mystery through Data Science

Ages 13 - 18

Use your imagination to tackle real-world problems. We will be applying math, statistics, coding, and cognitive reasoning to discover hidden insights on criminal activities data. What will be your best recommendation to the police chief?

Class # 17415	Saturday	Oct 8
1:00p.m. - 5:00p.m.	No. of classes: 1	Fee: \$73
Instructor: Milan Lee	Veteran's Bldg., Rm. 120	

VOLUNTEER

Teens Teaching Technology

Grades 6 - 12

This program is a collaboration between the Mastick Senior Center and the ARPD Teen Programs. Teens will meet at the Mastick Senior Center and assist Mastick members with their electronic devices. Devices can include, but are not limited to, iPhones, Android smartphones, assorted cell phones, tablets (iPads & Android), and laptops. Program hours count towards required community service. Transportation to Mastick is available from The Underground Teen Center, but must be coordinated with in advance. Please contact Shawn Smith at (510) 747-7555, or sdsmith@alamedaca.gov at least 24 hours before your scheduled Teens Teaching Technology date in order to arrange transportation from the Teen Center. Teen must be a registered member of The Underground Teen Center for transportation.

Location: Mastick Senior Center		Thursday
September 15	4:00p.m. - 5:00p.m.	Class # 17527
October 13	4:00p.m. - 5:00p.m.	Class # 17528
November 17	4:00p.m. - 5:00p.m.	Class # 17529

Teen Volunteer Program

Grades 6 - 12

This program is for tweens/teens who are interested in volunteering to work with youth at ARPD Parks and Playgrounds or RAP programs during the fall. The Teen Volunteer Program is a great opportunity to gain valuable job experience and satisfy school community service requirements. Students must complete a Teen Volunteer Program application and return it to the Recreation and



Park Department, 2226 Santa Clara Ave. Applicants will be contacted for an interview. Interviews do not guarantee acceptance into the program. Upon selection, volunteers must attend a training session. Registrations and/or interviews less than one week prior to training session date will not be accepted. For more information, please call Shawn Smith at (510) 747-7555 or email him at sdsmith@alamedaca.gov.

Class# 17531	Training date: Thursday, September 22
4:00 - 5:30 pm	Fee: \$45.00
Veteran's Memorial Building, Room 390	

NEW "Friends Connect"

See Special Needs Services on page 18 for "Friends Connect," social club for teens/tweens with developmental disabilities.

TEENS

Friends Connect

Grades 6 - 12

Friends Connect is an activity based social club for high functioning tweens and teens in grades 6 – 12 with moderate developmental disabilities and moderate social challenges.

The group provides participants with the opportunity to socialize, build friendships, explore the larger community and most importantly...have fun! Friends Connect meets at the Underground Teen Center (2203 Central Ave.) to engage in activities such as arts and crafts, recreational and social games, cooking and more. Participants also go on exciting local field trips for activities like bowling, miniature golf, going out to eat or to the movies, and to the arcade. Applications for Friends Connect are available in the ARPD office and online at alamedaca.gov/recreation. All applicants must fulfill program requirements to be considered for enrollment. There is a required teacher recommendation form and teen questionnaire that must accompany participant applications. New applicants and their parent/guardian will meet with ARPD staff prior to enrollment. Returning applicants must complete an ARPD registration form only (please designate "Friends Connect" in the "Activity Title" box). This program is for Alameda residents only. Completing an application does not guarantee enrollment. Friends Connect has a limited number of spaces. Priority for enrollment is given to returning participants who have met attendance requirements in the previous session. Once the program is full, applicants will be added to a waiting list. Applications for fall 2016 session are due by Friday, September 2, 2016. For more information, please call (510) 747-7555.

NEW



Grades 6-12		Sundays
Sept. 11	Teen Center	3:00 p.m. – 5:00 p.m.
Sept. 25	Movie Theatre Field Trip	Time TBD
Oct. 16	Teen Center	3:00 p.m. – 5:00 p.m.
Oct. 30	Teen Haunted House Field Trip	3:00 p.m. – 5:00 p.m.
Nov. 6	Teen Center	3:00 p.m. – 5:00 p.m.
Nov. 27	Ice Skating Field Trip	Time TBD
Dec. 11	Family Holiday Party (Teen Center)	3:00 p.m. – 5:00 p.m.
Location: Veterans Bldg., Underground Teen Center		
Fee: No registration fee. Participants will be responsible for cost of activities on field trips.		
Instructor: Melissa Abadia, Adapted PE Specialist and 2015-2016 San Leandro Unified Teacher of the Year		

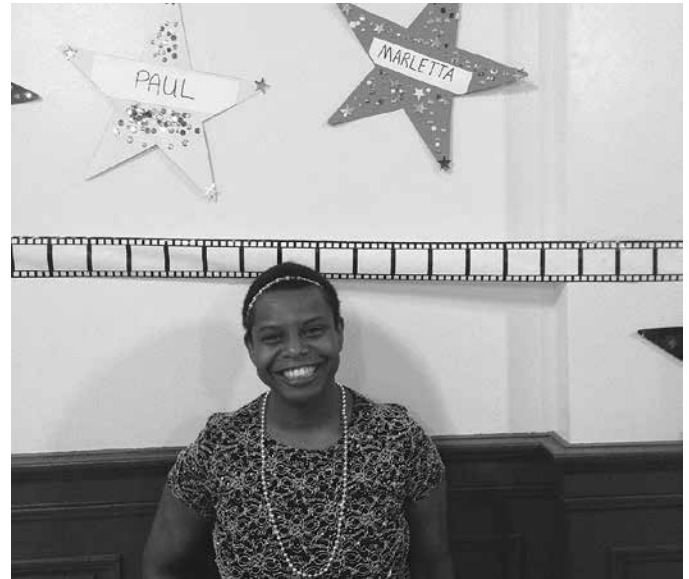
ADULTS

Leisure Club

Ages 18+

The Leisure Club is a fun, activity based program specifically designed to meet the specialized recreational needs of person with developmental disabilities in our community. This program is geared toward individuals 18 years of age and older and meets twice a month on the second and fourth Thursday of the month from 7:00 p.m. to 9:00 p.m. For more information, call (510) 747-7529.

Please note there is a wait list for this popular program.



FACILITY & PARK RENTALS

ARPD Main Office

2226 Santa Clara Ave., 747-PLAY, ARPD@alamedaca.gov

Park & Facility Issues Line

To report an issue in a park or facility 775-5459

Albert H. DeWitt O'Club

641 West Redline Ave., Alameda Point

A beautiful, historic facility available for parties, weddings, special events and family functions. The facility features wood paneling, crystal chandeliers, and a parquet dance floor. The O'Club is an ideal venue for wedding receptions, banquets, social gathering and conferences. Rental fee includes room set-up, janitorial service and staff supervision. Seats up to 250 people.

Resident Private Rental Fees (4 hour minimum)

Main Dining Room (250 max)	\$180/hour
Trident Room (120 max)	\$150/hour
Terrace Room (90 max)	\$120/hour
Squadron Room (50 max)	\$60/hour
Security deposit applies to all rentals	\$750
Other fees may apply	



Recreation Centers at Bayport, Leydecker & Lincoln Parks

Recreation Centers are available to individuals and organizations and are ideal for private parties, birthdays, showers, dinners and other social functions.

Resident Private Rental Fee (2 hour min)	\$90/hour
Security deposit	\$300
Additional fee structure and other fees may apply.	

Picnic Areas and Athletic Fields

These are available to individuals and organizations. Alcohol is not permitted. Picnic tables available at the following parks: Franklin, Godfrey, Krusi, Leydecker, Lincoln, Littlejohn, Shoreline, Tillman and Washington. Picnic areas may be reserved from 9:00am – 8:00pm.

Resident Private Rental Fee (3 hour min)	\$30-80/hour depending on number of tables
Other fees may apply	

**Contact Katherine at (510) 747-7576
for facility rental information.**

**Reservations accepted in the ARPD Office
(2226 Santa Clara Ave., Alameda)
or e-mail your facility use permit with
payment to arpd@alamedaca.gov.**

**All facility reservations must be made at
least 7 working days in advance.**



ADDITIONAL FACILITIES AVAILABLE TO THE PUBLIC

Encinal & Grand Street Boat Ramps

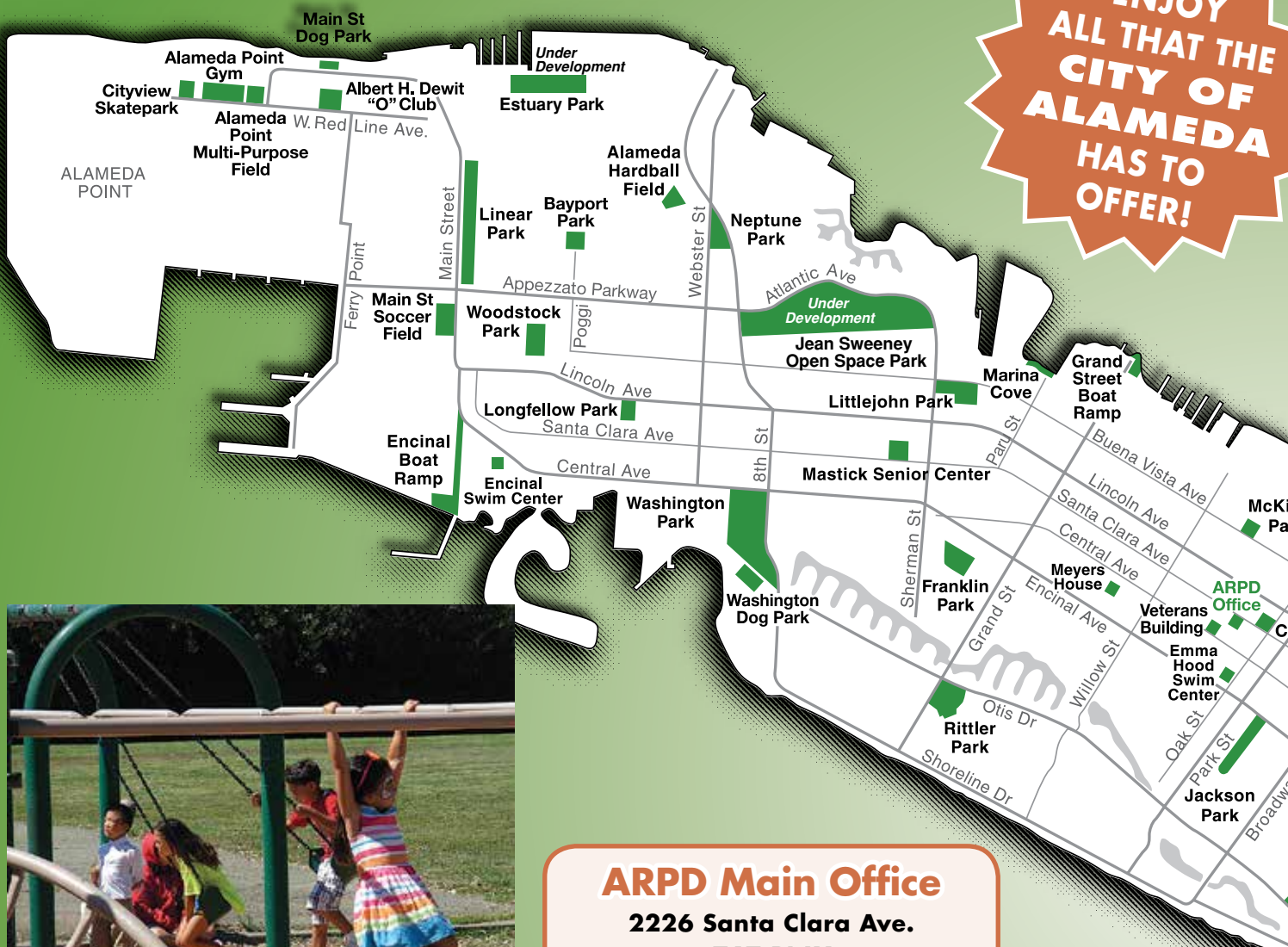
ARPD maintains two free public boat launching ramps. Both Boat Ramps include a launching ramp, restrooms, and automobile and trailer parking. The Grand Street Boat Ramp also includes a fishing pier and fish cleaning facilities.

Bill Osborne Model Airplane Field

Free flying lessons are held from 8:30am – 11:30am Sundays by appointment only, weather permitting. Equipment provided by Aero-nuts. For more info, visit www.aero-manics.com. Fees are not required for flying model airplanes but proof of personal liability insurance is required.

FACILITIES & PARKS

ENJOY
ALL THAT THE
CITY OF
ALAMEDA
HAS TO
OFFER!



ARPD Main Office

2226 Santa Clara Ave.
747-PLAY

ARPD@alamedaca.gov
www.alamedaca.gov/recreation

CLASS LOCATIONS

Alameda Ballet Academy	(510) 337-1929 1402 Park Street
Alameda High School	2201 Encinal Ave.
College of Alameda Gym	555 Ralph Appezzato Memorial Parkway
Encinal High School	210 Central Ave.
Ruby's Tumbling	(510) 337-0846 2333 Clement Avenue

Online registration:

www.arpdeplay.com
www.facebook.com/playARPD

Off-Hours

Park Maintenance Hotline
- after hours 775-5459

Field Condition Hotline
- after 2pm 747-7540



FACILITIES & PARKS

FACILITY & PARK LOCATIONS

Alameda Point Gym & Multi-purpose Field	1101 West Redline Ave.	747-PLAY
Bayport Park	301 Jack London Ave.	263-1428
City View Skate Park (Alameda Point)	1177 West Redline Ave.	
Chuck Corica Golf Complex	1 Clubhouse Memorial Dr.	747-7800
Dog Park (Robert Crown Memorial Beach)	next to Washington Park Tennis Courts	
Emma Hood Swim Center	2256 Alameda Ave.	522-8107
Encinal Boat Ramp	Central Ave. behind Encinal High	
Encinal Swim Center	230 Central Ave.	522-4590
Estuary Park	200 Mosley Ave	
Franklin Park	1432 San Antonio Ave.	522-3132
Godfrey Park	281 Beach Rd.	521-1551
Grand Street Boat Ramp	North End of Grand St.	
Harrington Field	3400 Oleander Ave.	
Jackson Park	2430 Encinal Ave.	
Jean Sweeney Open Space Park	1925 Sherman St.	
Krusi Park	900 Mound St.	522-4341
Leydecker Park	3225 Mecartney Rd.	521-1266
Lincoln Park/Harrison Center	1450 High St.	523-6222
Littlejohn Park	1401 Pacific Ave.	523-1510
Longfellow Park	520 Lincoln Ave.	522-5262
Main Street Dog Park	Main St. & Navy Wy.	
Main Street Linear Park	Main St.	
Main Street Soccer Field	Main St. & Appezato Pkwy.	
Marina Cove Waterfront Park	1591 Clement Ave.	
Mastick Senior Center	1155 Santa Clara Ave.	747-7500
McKinley Park	2165 Buena Vista Ave.	522-6161
Neptune Park	2301 Webster St.	
O'Club	641 West Redline Ave.	747-PLAY
Bill Osborne Model Airplane Field	Doolittle Dr. at Harbor Bay Parkway	
Rittler Park	1400 Otis Dr.	
Shoreline Park	2801 Seaview Parkway	
Tillman Park	220 Aughinbaugh Wy.	521-8307
Towata Park	3315 Bridgeway Isle	
Underground Teen Center	Veteran's Building, Rm 170	748-9466
Veteran's Memorial Building	2203 Central Ave.	864-4017
Washington Park	740 Central Ave.	521-0162
Woodstock Park	351 Cypress St.	521-0656



KAYAKING - ALL AGES

KAYAKING

All Ages: All minors need to be accompanied by a parent or guardian. No experience necessary; however some courses provide more instructions than others. Upon registering, please email instructor at stackedadventures@gmail.com for information specific to your class.



Family Kayaking

Ages 4+

Join us for a special kayak tour of Bay Farm Lagoon that is perfect for the "little ones". Kayak in calm shallow waters using the very stable kayaks with a stop at the playground. Class will meet at the beach just beyond the playground at the cross streets of Beaufort Harbor Landing and Coleport Landing – on the lagoon. Fee covers 1 adult and 2 children, or 2 adults and 1 child.

Instructor: Stacked Adventures	Bay Farm Lagoon
Ages 4+	Class # 17471
Saturday, Sep 17	9:30a.m. – 11:00a.m.
No. of classes: 1	Fee: \$73
Ages 4+	Class # 17472
Sunday, Oct 16	9:30a.m. – 11:00a.m.
No. of classes: 1	Fee: \$73
Ages 4+	Class # 17473
Saturday, Nov 12	9:30a.m. – 11:00a.m.
No. of classes: 1	Fee: \$73

USS Hornet Veteran's Day Tour

Ages 12+

This trip has something for everyone! We will honor our veterans, learn a little history, and enjoy the natural surroundings while we tour the warships. We will launch for the USS Hornet just before sunset then head to the outer rock wall to enjoy the scenic views and marine life. We will return under a full moon. It doesn't get much better than this!

Instructor: Stacked Adventures	Encinal Boat Ramp
Ages 12+	Class # 17474
Friday, Nov 11	4:00p.m. – 7:00p.m.
No. of classes: 1	Fee: \$68

Sunset Kayaking Tour

Ages 12+

Kayak past the historic war ships, marine life, and scenic views as the sun sets over the horizon. We will paddle out to the rock wall in search of seals and shoreline birds while we take in the scenic beauty over a setting sun. Expect warm weather, calm waters, and a very memorable adventure. Perfect for all levels of experience.

Instructor: Stacked Adventures	Encinal Boat Ramp
Ages 12+	Class # 17475
Saturday, Oct 1	5:30p.m. – 8:00p.m.
No. of classes: 1	Fee: \$63

Full Moon Kayak Tour

Join us for a fun and exhilarating kayaking excursion as we tour the Oakland Estuary. We will start our tour as the sun sets over the horizon enjoying the sea breeze and natural beauty of our surrounding area. Then we'll return under a full moon's light. These night tours are very special! Perfect for all levels of experience



Instructor: Stacked Adventures	Grand St. Marina
Ages 12+	Class # 17476
Saturday, Sep 17	6:30p.m. – 9:30p.m.
No. of classes: 1	Fee: \$68

Holiday Lights Tour

Ages 12+

Watch the boat parade up close in a very stable and safe double sea kayak while we sip hot cocoa and tea (provided). This is a great way to experience the Holiday Festivities from a totally different perspective. Expect to see a variety of boats and ships fully decorated in various themes.

Instructor: Stacked Adventures	Grand St. Marina
Age: 12+	Class # 17477
Saturday, Dec 3	5:30p.m. – 7:30p.m.
No. of classes: 1	Fee: \$43

Kayak and Dine

Ages 12+

Spend your evening touring the Estuary, circling Coast Guard Island and enjoying the marina life with a break for dinner at Quinn's Lighthouse. Enjoy the sea breeze, sunshine, and local cuisines as we return home under a setting sun.

Instructor: Stacked Adventures	Grand St. Marina
Age: 12+	Class # 17478
Saturday, Oct 1	11:00a.m. – 2:30p.m.
No. of classes: 1	Fee: \$63

CHUCK CORICA GOLF COMPLEX

1 Clubhouse Memorial Drive
(510) 747-7800
www.alamedagolf.com

A golfers destination with 45 holes of challenging, yet enjoyable golf, a staff of PGA Professionals, pro shop, night lighted driving range, teaching academy, practice areas, restaurant, lounge and 9-hole Mif Albright course. Perfect for beginners and seniors.

The Earl Fry (North) and Jack Clark (South) Courses offer two scenic and challenging championship layouts that will challenge anyone's golfing skills. Call to reserve starting times or schedule a tournament. Our staff of highly trained professionals can provide assistance in club fitting, apparel, golf equipment, club repair and lessons. The Jack Clark (South) Course is currently closed for renovation. Rees Jones, "The Open Doctor", is redesigning the course and is scheduled to re-open in 2017.

Practice Makes Perfect... Enjoy the 9-Hole Par-Three Course & Expansive Practice Range... Friends, families and fun are a big part of golf at Chuck Corica, designed for beginners or those wanting to improve their short game, the par-three 9-hole MIF Albright course is a perfect option for those looking for a quick golf fix. Or, maybe a little practice on one of California's largest driving ranges is what you need to get started or to lower those scores.

Newly Renovated Lucious Bateman Driving Range

- Upgraded mats
- 13 different targets
- Grass hitting surface
- Top quality range balls
- Custom club fitting by trained experts
- Lighted driving range
- Covered hitting stalls during inclement weather

Norma Arnerich Teaching Academy

- Private teaching stalls
- Indoor teaching center
- State of the art video equipment
- Individual and group lessons available
- Launch Monitor

Residents (without cart)	Mon. - Fri.	Sat., Sun., & Holidays
General	\$29.00	\$37.00
Senior (Age 60 & Above)	\$24.00	\$37.00
Junior (Earl Fry Mon-Fri after 12:00)	\$1.00	\$1.00 (after Twilight)
Twilight (2pm in summer & 12pm in winter)	\$24.00	\$24.00
Late Twilight (4pm in summer & 2pm in winter)	\$19.00	\$19.00
9-holes (1st 2-hours of the day)	\$19.00	\$24.00
Tournament (Cart included)	\$50.00	\$62.00
Tournament - Senior (Cart incl.)	\$37.00	\$62.00

GOLF LESSONS

Introduction to Golf Classes

Saturday Free Lesson Program • Age: 6 - 17

Curriculum is designed for the beginning junior golfer (age 6-17) with little to no experience. Areas of focus: safety, explanation of equipment, basic fundamentals, general course etiquette etc. Juniors may sign up for one (three class) session per year. A certificate of completion will be given to all graduates of this program. Classes will be limited to the first 20 juniors who sign up, so as many juniors as possible can benefit from this program.

Age: 6 - 17	Saturday	Free
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Junior Group Class

Age: 7 - 17

Hour long classes designed for the junior golfer (age 7-17) who has some experience or has completed the Introduction to Golf Class. Cost is \$99 per (four class) session, which will be held once a week. Minimum of 4 students required for the class to be held. Curriculum will include: full swing mechanics, short game, putting & golf course etiquette.

Age: 7 - 17	1 Hour Class	Fee \$99	No of classes 4
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Junior Golf Camps

Age: 7 - 17

Week long camps designed for the intermediate to advanced junior golfer. Cost is \$200 per junior.

Curriculum includes: full swing instruction with video analysis, advanced short game techniques, advanced putting, mental game, on-course instruction/course management and an end-of-camp tournament. There will be tons of fun, great prizes and competitions in a great learning atmosphere!

Age: 7 - 17	Week Long Camps	Fee \$200
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Adult Golf Classes

Get Golf Ready Program

Get Golf Ready is designed to teach everything you'll need to play golf in just five lessons. Our team of golf professionals will show you that there are lots of ways to play by combining fun, friends and fitness.

Curriculum includes: full swing mechanics, long game (woods and driver), short game, putting & golf course etiquette.



**Please visit www.alamedagolf.com
or call the Pro Shop at (510) 747-7800
to register for all of these programs
as well as more information.**

TENNIS - ALL AGES

TENNIS COURTS

Locations

Krusi Tennis Courts	Otis Dr. & High St
Fairfield Tennis Courts	740 Central Ave at 8th St. Lower Washington Park
Leydecker Tennis Courts	3225 Mecartney Road Bay Farm Island



ADULT LESSONS

Morning Lessons

Ages 18 & Up

Now is the time to make those changes to your strokes that will raise your game a notch. Each class includes instructor tips, drills, strategy & tactics.

Fairfield Tennis Courts		
Monday	\$100 per session	\$20 drop in
Sept. 12 – Oct. 17	9:00 a.m. – 10 a.m.	Class # 17275
Oct. 24 – Nov 28	9:00 a.m. – 10 a.m.	Class # 17276
Rain outs will be made up at the end of the session		

Evening Lessons

Ages 18 & Up

Whether you are a beginner playing for the first time or an experienced player trying to hone your skills, ARPD can help improve your game.

Fairfield Tennis Courts		
Tuesday & Thursday	\$100 per session	\$20 drop in
Beginners	6:30 p.m. - 7:30 p.m.	
Intermediate	7:30 p.m. - 8:30 p.m.	
	Beginner	Intermediate
Sept. 6 – 22	Class # 17279	Class # 17280
Sept. 27 – Oct. 13	Class # 17277	Class # 17281
Oct. 18 – Nov. 3	Class # 17278	Class # 17282
Rain outs will be made up at the end of the session		



YOUTH LESSONS

10 and Under Tennis

Ages 5 – 10

This class is designed to bring kids into the game by utilizing specialized equipment, shorter court dimensions, and modified scoring, all tailored to age and size.

Krusi Tennis Courts	
Saturdays	\$20 drop in per class 6 drop in class discount card \$100
Drop-in Only – Sept. 17- Dec. 3	
Ages 7 – 8	9:00 a.m. – 10:00 a.m.
Ages 9 – 10	10:00 a.m. – 11:00 a.m.
Ages 5 – 6 (Mommy/Daddy & Me)	11:00 a.m. – 12:00 p.m.

PRIVATE LESSONS

Private and Semi Private Lessons

Ages 6 & Up

ARPD tennis instructors are available for private and semi private instruction year round. Time and location of the lessons are flexible and arranged upon request. Our instructors are experienced tennis teachers, many of whom are certified professionals. Call 510 747-PLAY for scheduling.

Private Instruction:	
1 hour lesson	\$45
4 one-hour lessons	\$180
Semi-Private (Must have partner: price listed is for two participants)	
1 hour lesson	\$60
4 one-hour lessons	\$240

AQUATICS

The Fall Aquatics Program consists of Saturday youth lessons, private lessons, and lap swim.

Swim Centers

Emma Hood Swim Center

2256 Alameda Avenue
at Oak St,
(510) 522-8107

Encinal Swim Center

230 Central Avenue
at 3rd St.,
(510) 522-4590



Adult Lap Swim

Swim at your own pace or use one of our sample swim workouts. Workouts for beginner through advanced levels will be available. Kick boards provided. Discount rate drop-in cards are available at the ARPD office and both swim centers. Must be at least 16 years old.

Emma Hood Swim Center	Monday and Wednesday
September 12 – November 2 (closed Oct 31)	7:00 p.m. – 8:00 p.m.
Encinal Swim Center	Saturdays
September 10 – October 15	9:15 p.m.-10:15 p.m.
Adults (16 – 49)	\$5 resident / \$6 non-resident 10-Visit Pass \$45
Seniors (50+)	\$3 resident / \$4 non-resident 10-Visit Pass \$27

Recreational Swim

This is an open swim program designed for recreational swimmers of all ages and abilities. Children under 7 and those under 50 inches tall must be accompanied in the water by someone who possesses a level 4 swim card and/or is 13 years of age. Participants over 18 years of age can have two children in the water simultaneously. Children under 7 may not be left unattended at any time. Drop in cards available at the ARPD office and both swim centers. Please note that swim hours may be reduced due to low attendance or poor weather.



September 10 - October 15	Encinal Swim Center
Saturdays	1:30 p.m. – 4:00 p.m.
Youth (17 and under) or Senior (50+)	\$3 resident / \$4 non-resident/ 10 visit pass \$27
Adult	\$5 resident/ \$6 non-resident/ 10 visit pass \$45

Youth Swim Lessons

Ages 3 – 15

All swim classes follow the American Red Cross Level system. Visit www.redcross.org for level requirements. Each student will be tested by staff and placed in classes according to Red Cross standards.

Youth Group Lessons	Encinal Swim Center
Saturdays	September 10 - October 15
Ages 3 – 5	11:30 a.m. -12:00 p.m.
\$41 resident / \$47 non-resident	Class # 17480
Ages 6 – 15	10:30 – 11:15 a.m.
\$61 resident / \$70 non-resident	Class # 17479

Swim Tutor Private Lessons	Encinal Swim Center
Saturdays	September 10 - October 15
Ages 3 – 15	12:00 p.m. – 12:30 p.m.
\$153 resident / \$177 non-resident	Class #17481

Special Needs Lessons

Ages 6 – Adults

All swim classes follow the American Red Cross Level system. Visit www.redcross.org for level requirements. Each student will be tested by staff and placed in classes according to Red Cross standards.

Swim Tutor Private Lessons	Encinal Swim Center
Saturdays	September 10 - October 15
Ages 6 – Adults	12:45 p.m. – 1:15 p.m.
\$153 resident / \$177 non-resident	Class # 17482



ALAMEDA MUNICIPAL POWER
A Department of the City of Alameda

LOWER ELECTRIC RATES
CLEAN ENERGY
GREAT RELIABILITY
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ENRICHMENT

Meela's Indian Kitchen

An Indian cooking class covering recipes, from amazing appetizers to dessert, for an exotic, multi-course feast! Meela's passion and knowledge of spices as they relate to Indian cuisine, culture and history are a treat for students.



Class # 17396	Saturday	Oct 8
10:00a.m. – 1:30p.m.	No. of classes: 1	Fee: \$56/Lab Fee: \$13
Instructor: Meela Shah	Leydecker Park	

Ghost Hunting 101

You've seen the TV shows – now learn from a veteran. Hear EVP, see photos of ghosts, and learn about equipment and techniques. Last class will be a paranormal investigation and instructor will bring her Xcam!

Age: 16 with a parent, 18+ without		
Class # 17395	Wednesday	Oct 5 – Oct 19
7:00p.m. – 9:00p.m.	No. of classes: 3	Fee: \$25
Instructor: Karen Zimmerman	Veteran's Bldg., Rm. 120	



not crying when he leaves for his first day of school.

Why should you use a member of the **ALAMEDA ASSOCIATION OF REALTORS®** when buying or selling in Alameda?

- ✓ First-hand knowledge of local property values
- ✓ History and background of real estate on the Island
- ✓ The neighborhoods - the schools - the things that make it special
- ✓ To help you realize your real estate dreams



Finding a local REALTOR® is easy at:
www.Alameda.REALTOR

510.523.7229

Nobody knows the Island like we do!™

Parenting Partners

Age: Parent/Caregiver and Child

Inspired by Magda Gerber's "Resources for Infant Educators®" philosophy and proven neuroscience research, we'll introduce sound patterns of care leading to a mutually fulfilling parent/baby relationship based on respect and observation. Topics include crying, sleeping, body awareness, free movement, contextual language, baby's innate curiosity, emotional regulation, play, and exploration. For questions about class, please visit www.parentingpartnersofalameda.com.



Instructor: Peggy Herring		Bayport Park
Age: 6 Weeks to Pre-Crawlers		
Class # 17397	Tuesday	Sep 6 – Nov 8
9:00a.m. – 10:00a.m.	No. of classes: 10	Fee: \$203/Lab Fee: \$5
Age: Crawlers		
Class # 17398	Tuesday	Sep 6 – Nov 8
10:30a.m. – 11:30a.m.	No. of classes: 10	Fee: \$203/Lab Fee: \$5
Age: Early Walkers		
Class # 17403	Wednesday	Sep 7 – Nov 9
9:00a.m. – 10:00a.m.	No. of classes: 10	Fee: \$203/Lab Fee: \$5
Age: Toddlers to Age 2		
Class # 17404	Wednesday	Sep 7 – Nov 9
10:30a.m. – 11:30a.m.	No. of classes: 10	Fee: \$203/Lab Fee: \$5

Bradley Method of Natural Childbirth

Class teaches families about natural childbirth, staying healthy and low risk. Each class covers a specific topic in detail along with covering exercise, nutrition, positive communication and coaching. Relaxation and labor rehearsals are done as well. Coach perspective and support to help prepare for labor is offered. Recommended to enroll between 5-6 months pregnant to ensure completion. Cost covers mother and her spouse/coach and workbook.

Class # 17405	Monday	Sep 12 – Dec 12
7:00p.m. – 9:00p.m.	No. of classes: 12	Fee: \$478
No Class: Oct 10 and Oct 31	Instructor: Danielle Pence	Veteran's Bldg., Rm. 120

Grief Recovery Method & Support Group

This educational support group will teach participants how to use the Grief Recovery Method to move beyond pain caused by death, divorce, and other losses. Participants will also learn how to support others experiencing grief.

Class # 17406	Tuesday	Sep 6 – Oct 25
7:00p.m. – 9:00p.m.	No. of classes: 8	Fee: \$243/Lab Fee: \$20
Instructor: Kim Hanlon	Veteran's Bldg., Rm. 390	

The Alexander Technique: Life Tool for Better Health

The Alexander Technique is a way to deal with habitual tensions that interfere with efficient posture and movement. It is instrumental in achieving peak performance in any activity, whether it be playing sports, working on a computer, or playing an instrument and so on.

Class # 17408	Saturday	Sep 17 - Oct 1
10:00a.m. - 11:30a.m.	No. of classes: 3	Fee: \$93
Instructor: Lenka Fejt	Veteran's Bldg., Rm. 120	

Master the Art of Time Management

Are you feeling overwhelmed by all you have to do? Is it nearly impossible to find time for yourself? By utilizing the art of time management, you can get tasks done in a timely fashion, carve out some personal time, and juggle what is on your plate with grace and without guilt.

Instructor: Sharon Grossman, PhD			Veteran's Bldg., Rm. 120		
Class # 17409	Tuesday	Oct 4	Class # 17410	Saturday	Oct 29
7:30p.m. - 9:00p.m.	No. of classes: 1	Fee: \$28	2:00p.m. - 3:30p.m.	No. of classes: 1	Fee: \$28
Class # 17411	Saturday	Nov 12	10:00a.m. - 11:30a.m.	No. of classes: 1	Fee: \$28

Smart Parenting Tips for Moms

Are you struggling or feeling overwhelmed in your parenting role? Do you wish you were less reactive and calmer no matter what your child does? In this workshop, we will uncover the missing ingredients and learn the essential steps to being a smart parent and how this can increase your sense of control, your confidence, and your joy as a mom.

Instructor: Sharon Grossman, PhD			Veteran's Bldg., Rm. 250		
Class # 17412	Monday	Oct 10	Class # 17413	Saturday	Nov 5
7:30p.m. - 9:00p.m.	No. of classes: 1	Fee: \$28	2:00p.m. - 3:30p.m.	No. of classes: 1	Fee: \$28
Class # 17414	Saturday	Nov 19	10:00a.m. - 11:30a.m.	No. of classes: 1	Fee: \$28

510-747-7777

Check us out at www.alamedafree.org,
on our Facebook page at
[www.facebook.com/
alamedafreelibrary](https://www.facebook.com/alamedafreelibrary),
on Tumblr at alamedafree.tumblr.com,
or on Twitter at [@alamedafree](https://twitter.com/alamedafree).

Alameda Community Band

Enjoy the experience of rehearsing and performing great concert band music from Bach to Sousa to Rock. Some experience required on woodwind, brass or percussion instruments.



Class # 17393	Tuesdays	Aug 23 - Dec 20 (No Class: Nov 22)
7:30 p.m. - 9:30 p.m.	No. of classes: 17	Fee: \$78
Instructor: Michael Wirgler		Encinal High School, Band Room

Alameda Community Chorus

Sing seasonal choral repertoire - Classical, Broadway/Show, World, Contemporary, Traditional - and perform with Alameda Community Chorus (ACC). "Bring-a-Friend" Open House on September 12. For scholarship information, call (510) 748-9087. Short vocal evaluation for part assignment.

Class # 17394	Mondays	Sept 12 - Nov 28 (No Class: Oct 31 & Nov 21)
6:45 p.m. - 9:15 p.m.	Fee: \$148	No. of classes: 12
(\$30 materials fee payable to instructor, due at first session)		
Friday, December 2 (Concert: Kofman Auditorium) and Sunday, December 4 (Concert: Cardinal Point)		
Instructor: Kathryn Neale Manalo		Alameda High School, Room

Concert Dates: Free to the Public

- **Band Concert:** Tuesday, October 12, 7:30 p.m.
Kofman Auditorium
- **Holiday Concert** (Alameda Community Band & Chorus): Friday, December 2, 7:30 p.m. Kofman Auditorium
- **Chorus Concert:** Sunday, December 4, 4:00 p.m.,
Cardinal Point, 2431 Mariner Square Dr.

REACH 40,000 RESIDENCES

Have You Considered Advertising in the ARPD Activity Guide?

40,000 Alameda Recreation and Park Department Activity Guides are produced three times per year and mailed to all Alameda residents. This community-oriented publication focusing on recreation and cultural activities, as well as information pertaining to city-based programs is a first-rate marketing opportunity to reach Alameda residents, businesses and beyond! Advertising space is limited and at the discretion of the ARPD. For more information, contact (510) 747-7529.

FITNESS

Square Dance Boot Camp

Exercise your mind! Exercise your body! Exercise teamwork! Take a mid-week break to join a cooperative team and learn the basic formations and playbook of modern square dance.

Age: 10+ with guardian 18+		
Class # 17416	Wednesday	Sep 7 – Dec 14
7:00p.m. – 9:00p.m.	No. of classes: 14	Fee: \$53
No Class: Nov 23	Instructor: Charles Clay	Leydecker Park

Aikido with Tom Reed

Aikido is often thought of as a soft or internal martial art. Technique, timing and efficiency rather than strength are emphasized in the movements.

Instructor: Tom Reed	Veteran's Bldg., Rm. 390	
Class # 17417	Mon. & Wed.	Sep 7 – Sep 28
7:30p.m. – 8:30p.m.	No. of classes: 7	Fee: \$52
Class # 17418	Mon. & Wed.	Oct 3 – Oct 31
7:30p.m. – 8:30p.m.	No. of classes: 9	Fee: \$66
Class # 17419	Mon. & Wed.	Nov 2 – Nov 30
7:30p.m. – 8:30p.m.	No. of classes: 9	Fee: \$66
Class # 17420	Mon. & Wed.	Dec 5 – Dec 14
7:30p.m. – 8:30p.m.	No. of classes: 4	Fee: \$31



Adult Golf

Learn golf fundamentals including: golf swing, using irons and woods, chipping and putting techniques. Clubs provided as needed. Rubber soled shoes are recommended. Enrollment is limited.

Instructor: Randy Herzberg	Godfrey Park	
Class # 17421	Friday	Sep 9 – Oct 14
9:30a.m. – 10:30a.m.	No. of classes: 5	Fee: \$53
Class # 17422	Friday	Sep 9 – Oct 14
10:30a.m. – 11:30a.m.	No. of classes: 5	Fee: \$53

Gentle Yoga Stretch

Start your day with a gentle yoga workout and experience the benefits of gentle stretches and poses that energize your body. Relaxation and guided meditation centers the body and mind. Suitable for all levels. Wear loose clothing and have an empty stomach.

Instructor: Toya Alexander	Harrison Center	
Class # 17425	Mon. & Wed.	Sep 7 – Sep 28
9:00a.m. – 10:00a.m.	No. of classes: 7	Fee: \$42/Seniors: \$40
Class # 17426	Mon. & Wed.	Sep 7 – Sep 28
10:15a.m. – 11:15a.m.	No. of classes: 7	Fee: \$42/Seniors: \$40
Class # 17427	Mon. & Wed.	Oct 3 – Oct 26
9:00a.m. – 10:00a.m.	No. of classes: 8	Fee: \$48/Seniors: \$46
Class # 17428	Mon. & Wed.	Oct 3 – Oct 26
10:15a.m. – 11:15a.m.	No. of classes: 8	Fee: \$48/Seniors: \$46
Class # 17429	Mon. & Wed.	Oct 31 – Nov 23
9:00a.m. – 10:00a.m.	No. of classes: 8	Fee: \$48/Seniors: \$46
Class # 17430	Mon. & Wed.	Oct 31 – Nov 23
10:15a.m. – 11:15a.m.	No. of classes: 8	Fee: \$48/Seniors: \$46
Class # 17431	Mon. & Wed.	Nov 28 – Dec 14
9:00a.m. – 10:00a.m.	No. of classes: 6	Fee: \$36/Seniors: \$34
Class # 17432	Mon. & Wed.	Nov 28 – Dec 14
10:15a.m. – 11:15a.m.	No. of classes: 6	Fee: \$36/Seniors: \$34

Yoga Body & Mind

Combine stretching, stillness, and stamina to give your body a well-rounded yoga workout. Enhance your energy, gain flexibility, increase strength, and reduce your aches and pains. Open to all levels. Wear loose clothing and have an empty stomach.

Instructor: Toya Alexander	Harrison Center	
Class # 17437	Tuesday	Sep 6 – Oct 4
6:30p.m. – 7:30p.m.	No. of classes: 5	Fee: \$48
Class # 17438	Tuesday	Sep 6 – Oct 4
7:40p.m. – 8:40p.m.	No. of classes: 5	Fee: \$48
Class # 17439	Tuesday	Oct 11 – Nov 8
6:30p.m. – 7:30p.m.	No. of classes: 5	Fee: \$48
Class # 17440	Tuesday	Oct 11 – Nov 8
7:40p.m. – 8:40p.m.	No. of classes: 5	Fee: \$48
Class # 17441	Tuesday	Nov 15 – Dec 13
6:30p.m. – 7:30p.m.	No. of classes: 5	Fee: \$48
Class # 17442	Tuesday	Nov 15 – Dec 13
7:40p.m. – 8:40p.m.	No. of classes: 5	Fee: \$48

Parks Hotline 510-775-5459

Call to report a maintenance issue or call on weekends to talk to ARPD Park Monitors for any park-related concern

Low Impact Cardio

Gently firm and stretch to experience an overall conditioning of the body. Suitable for those just starting an exercise program or desiring a lower paced-class.

Instructor: Toya Alexander		Harrison Center
Class # 17433	Tue. & Thu.	Sep 6 – Sep 29
9:00a.m. – 10:00a.m.	No. of classes: 8	Fee: \$48/Seniors: \$46
Class # 17434	Tue. & Thu.	Oct 4 – Oct 27
9:00a.m. – 10:00a.m.	No. of classes: 8	Fee: \$48/Seniors: \$46
Class # 17435	Tue. & Thu.	Oct 1 – Nov 22
9:00a.m. – 10:00a.m.	No. of classes: 7	Fee: \$42/Seniors: \$40
Class # 17436	Tue. & Thu.	Nov 29 – Dec 15
9:00a.m. – 10:00a.m.	No. of classes: 6	Fee: \$36/Seniors: \$34



SPORTS

Alameda Point Open Gym

Alameda Recreation and Park Department Adult Open Gym is year-round every Sunday night. If you're competitive, want to get some exercise or just getting back into your sport, check this out. We have volleyball and basketball for all to enjoy.

Sundays	6 p.m. – 9 p.m. (excluding holidays and holiday weekends)
\$6 drop in fee	Alameda Point Gym, 1101 West Redline Ave.

Adult Volleyball

ARPD partners with VBmatch.com to host volleyball leagues and tournaments for community members. The League offers a high level of competition for players who previously competed at the high school varsity level or higher. We also host single-day volleyball tournaments on weekends. Volleyball activities are fun, social and competitive. We hope to see you on the court soon!

Mondays	6:00 p.m. – 10:00 p.m.
Alameda Point Gym, 1101 West Redline Ave	For league start dates, fees and information on specific events, please visit http://vbmatch.com/

Adult Flag Football

The Adult Flag Football League consists of a ten game season. Team applications and roster forms are available to download from our website and at the ARPD office. All team applications are due by August 19.

Saturdays starting Sept. 17	10:00 a.m. – 1:00 p.m.
\$600 Resident Teams	\$650 Non-resident Teams
Class # 17289	Lower Washington Field, 740 Central Ave.



ADULTS 50+ / SENIORS - CENTER & PROGRAMS



Making Connections • Staying Active • Living Well

Programs and services for adults age 50 and better

Location	1155 Santa Clara Ave, Alameda
Phone	(510) 747-7500
Website	www.mastickcenter.com
Weekday Program Hours	8:30 a.m. to 4:00 p.m.
Weekday Office Hours	9:00 a.m. to 3:00 p.m.
Saturday (Bingo)	11:30 a.m. to 2:30 p.m.
Saturday & Tuesday (Thrift Shop)	10:00 a.m. to 2:00 p.m.
Staff	
Jackie Krause Recreation Manager	jkrause@alamedca.gov (510) 747-7510
Ed Kallas Recreation Services Specialist	ekallas@alamedca.gov (510) 747-7511
Mastick Office	(510) 747-7506
Suggestion Box	masticksuggestion@alamedca.gov



NEW MEMBERS

New Member Orientation

The New Member Orientation is a MUST

and offers a guided-tour to introduce you to the Center, an information packet outlining the various programs and services and a coupon for a complimentary lunch! Join us on September 15, October 13, November 10, and December 15, at 10:30 a.m. in the Media Room. **Registration required, please call 747-7506.**

MSCAB PROGRAMS

Mastick Senior Center Advisory Board (Mscab) Programs

MSCAB Monthly Meetings

The MSCAB meets on the third Wednesday of the month at 9:30 a.m. in Room D. All are welcome!

Mastick Bingo Program

Mastick Social Hall

Saturdays: 11:30 a.m. - 2:30 p.m. (Doors Open: 9:30 a.m.)

Eligibility: Age 18+

Proceeds support Mastick Senior Center programs.

Mastick Thrift Shop

Tuesdays & Saturdays: 10:00 a.m. - 2:00 p.m.

Open to the public.

Proceeds support Mastick Senior Center programs.

Donations accepted, call 747-7506 for details.

MSCAB Scholarship Program

The MSCAB provides assistance four times per year to members to help offset the cost of Mastick programs and trips. Scholarships fund 50% of the program cost not to exceed \$50. To apply, visit the Mastick Office. Application must be submitted at time of registration.

FOOD PROGRAMS

Lunch Served DAILY

Monday – Friday	12:00*
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*Dining room opens at 11:15 a.m. Reservations required.

Eligibility Requirement: Age 60+	\$3.75 Donation
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Brown Bag Program

Thursdays (1st & 3rd)	9:00 a.m.
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Eligibility Requirements	60 & older/Income limits
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For program locations, refer to the Activities at a Glance flier available in the Mastick Lobby and online at www.mastickcenter.com.

Programs are offered at Mastick Senior Center unless otherwise specified.

DANCE & SERVICES - SENIORS/ADULTS 50+

DANCE CLASSES

Ballroom Dance		
Wednesdays	1:00 p.m. – 2:00 p.m.	\$5 per class
Egyptian Folklore Dance (FREE)		
Fridays	9:00 a.m. – 10:30 a.m.	FREE
Hawaiian Dance		
Hula I	11:30 a.m. - 12:30 p.m.	\$30
	Mondays & Fridays, August 15 - September 26 No Class: 9/5, 11/25	
Hula II	12:30 p.m. – 1:30 p.m.	\$5 per class
Hula III	1:30 p.m. – 3:00 p.m.	\$5 per class
Line Dance		
Wednesdays & Thursdays		\$3 per class
Beginning	12:00 – 1:00 p.m.	
Interm. - Advanced	1:00 p.m. – 1:30 p.m.	
Advanced	1:30 p.m. – 2:30 p.m.	
Oriental Dance (FREE)		
Mondays	9:00 a.m. – 11:00 a.m.	FREE
Square Dance (Drop-Ins Welcome!)		
Tuesdays	1:00 p.m. – 3:00 p.m.	\$2 Donation per class

Goblins Groove Halloween Dance

Enjoy DJ-led dancing, costume contest, socialization, and refreshments!

Thursday	October 27	1:00 p.m. - 3:30 p.m.
Mastick Social Hall	\$2 per person	

WELLNESS

Alexander Technique: the Art of Breathing Well		
Tuesdays	2:00 p.m. - 3:00 p.m.	
November 8 & 15 (Class #17232)	\$20	

Deep Sound Meditation		
Tuesdays	1:00 p.m. – 2:00 p.m.	
September 20 – October 11 (Class #17216)	\$50	

Self-Acupressure		
Tuesdays	1:00 p.m. – 2:30 p.m.	
October 25 – November 15 (Class #17217)	\$60	

SPECIAL SERVICES

Services to Support Everyday Living

Include: Blood Pressure Screening, Case Management, Dental and Podiatry Consultation, Legal Services, Health Insurance Counseling, Support Groups, Notary Services, Income Tax Preparation, and much more. Visit the Mastick Office for a complete list of services.

Senior Connections

Senior Connections is a collaboration between Mastick Senior Center and Alameda Family Services to provide case management assistance for Alameda seniors needing help with health insurance, housing needs, in-home support services, food resources and so much MORE! The Case Manager is available on Tuesdays and Thursdays by appointment. To schedule an appointment, please call 747-7506.

Need a Quiet Space to Meet?

Mastick Senior Center has many nooks and crannies that can be used as meeting spaces. If you need to meet with a contractor or interview a caregiver and don't want to meet at your home, please take advantage of the comfortable, friendly atmosphere provided here at Mastick Senior Center. To reserve a meeting space, please call 747-7506.

Alzheimer's Caregiver Support Group

The Alzheimer's Caregiver Support Group meets from 10:00 a.m. - 11:30 a.m. in Room D on the second and fourth Thursdays of the month. This group is for individuals caring for a loved-one with Alzheimer's Disease or dementia. The group is facilitated by the Alzheimer's Association.

AARP Smart Driver Course

This course is designed for those individuals age 50 and older. Register and pay in the Mastick Office at least one day prior to class. Cost: \$15 AARP members or \$20 non-members (payable by check ONLY).

The standard course is offered in two, four-hour sessions over a two-day period from 9:00 a.m. - 1:00 p.m. on the following dates: **Wednesdays, October 5 & 12**

The refresher course is offered in one, four and a half-hour session from 9:00 a.m. - 1:30 p.m. and is available to individuals that have taken the standard course within the last four years. The refresher course is offered on a Wednesday on the following dates: **September 7 and November 2**



For program locations, refer to the Activities at a Glance flier available in the Mastick Lobby and online at www.mastickcenter.com.
Programs are offered at Mastick Senior Center unless otherwise specified.

SENIORS/ADULTS 50+ - FITNESS

FITNESS CLASSES

Fitness with Julie!		9:00 a.m. - 10:30 a.m.
Monday (Class #17203)	\$60	August 29 - December 19
Friday (Class #17204)	\$60	September 2 - December 23
Monday/Friday (Class #17205)	\$90	August 29 - December 23
No Class: 9/5, 11/11, 11/25		

Pickleball		
Wednesdays	Lincoln Park, 1450 High St.	\$18
Aug. 3 - Sept. 7 (Class #17243)	6:00 p.m. - 7:30 p.m.	
Sept. 14 - Oct. 19 (Class #17244)	6:00 p.m. - 7:30 p.m.	

Pilates		
Wednesdays	10:45 a.m. - 11:45 a.m.	\$5 per class

Pole Walking		
Tuesdays (Class #17231)	12:30 p.m. - 3:30 p.m.	
October 18	\$28 new students \$15 returning students	

Tai Chi 24 Steps		
Thursdays	\$4 per class	
Beginning	9:15 a.m. - 10:15 a.m.	
Intermediate Class	10:30 a.m. - 11:30 a.m.	

Tai Chi-ercise		
Tuesdays	10:00 a.m. - 11:00 a.m.	\$4 per class

Yoga		
Tuesdays	10:30 a.m. - 12:00	
September 13 - October 18 (Class #17246)	\$42	
October 25 - November 29 (Class #17247)	\$42	
December 6 - December 20 (Class #17248)	\$21	
Wednesdays	9:00 a.m. - 10:30 a.m.	
September 14 - October 19 (Class #17249)	\$42	
October 26 - November 30 (Class #17250)	\$42	
December 7 - December 21 (Class #17251)	\$21	

Yoga (Chair Yoga)		
Wednesdays	10:30 a.m. - 11:45 a.m.	
August 31 - October 5 (Class #17223)	\$42	
October 12 - Nov. 16 (Class #17224)	\$42	
November 23 - Jan. 11* (Class #17225)	\$42	
No Class: 12/14, 12/28		

Disc Golf for Seniors and Teens

Enjoy walking the MIF Albright course (1 Clubhouse Memorial Road) and targeting flying discs into specially designed 'pins'. Seniors will be paired with a member of the Alameda Youth Committee. No experience required! Register by 9/14. Contact Ed Kallas at 747-7511 or ekallas@alamedaca.gov

Wednesday	4:00 p.m. - 5:30 p.m.
September 21 (Class #17245)	\$17
Includes '9-hole match', equipment, and a hot dog/drink combo	



Portraits by Joe Woodard

Joe Woodard, Volunteer, is available by appointment to take your photograph, thus creating a beautiful portrait. To make an appointment, contact the Mastick Office at 747-7506.

City of Alameda Paratransit

Transportation for Seniors and People With Disabilities

We offer the following services:

- Alameda Shuttle - free and open to the public!
- Taxi ride discounts*
- East Bay Paratransit ticket sales
- Group trips - from Mastick Senior Center to various Bay Area locations
- Scholarship program*
- Transportation assistance

*Restrictions apply

Mastick Senior Center
1155 Santa Clara Avenue
Alameda, CA 94501
Ph: (510) 747-7513

ALAMEDA
County Transportation Commission

www.AlamedaParatransit.com

For program locations, refer to the Activities at a Glance flier available in the Mastick Lobby and online at www.mastickcenter.com.
Programs are offered at Mastick Senior Center unless otherwise specified.

ARTS & LANGUAGE - ADULTS 50+/SENIORS

ARTS AND CRAFTS

Creative Writing

Tuesdays	10:00 a.m. - 1:00 p.m.	\$80 per month
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Ceramics Class

Beginning	Thursdays	9:30 a.m. – 12:00
October 6 – December 15 (Class #17214)		\$111*
Advanced	Thursdays	12:30 p.m. – 3:00 p.m.
October 6 – December 15 (Class #17212)		\$111*
*\$30 supply fee paid to instructor on first day of class.		
Lab (for enrolled students)		
Tuesdays	10:00 a.m. – 3:00 p.m.	No Class: 11/24

Drawing & Painting

Mondays	12:30 p.m. – 3:30 p.m.
Sept. 12 – Nov. 14 (Class #17268)	\$70
Fridays	9:30 a.m. - 12:30 p.m.
Sept. 16 – Nov. 18 (Class #17269)	\$70
Lab (for enrolled students)	
Fridays	1:00 p.m. - 3:30 p.m.
No Class: 11/7, 11/11	

Knitting/Crocheting

Tuesdays	1:00 p.m. – 3:00 p.m.
Materials/Supplies provided by participant.	

Needlecraft

Tuesdays	9:00 a.m. – 12:00
Materials/Supplies provided by participant.	

Quilting

Mondays	9:30 a.m. – 11:30 a.m.
September 19 - Dec. 5 (Class #17270)	\$40
Mondays	1:00 p.m. – 3:00 p.m.
September 19 - Dec. 5 (Class #17271)	\$40
Thursdays	9:30 a.m. – 11:30 a.m.
September 22 – Dec. 8 (Class #17272)	\$36
Thursdays	1:00 p.m. – 3:00 p.m.
January 22 - Dec. 8 (Class #17273)	\$36
Lab	
Fridays	9:00 a.m. – 3:30 p.m.
Materials/Supplies provided by participant.	
No Class: 10/13, 10/27, 10/31, 11/21, 11/24	

Sewing

Wednesdays	10:00 a.m.—2:00 p.m.	\$5 per class
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Stained Glass Workshop

Mondays	9:00 a.m. – 12:00	\$4 per class*
Wednesdays	12:30 p.m. – 3:30 p.m.	\$4 per class*
*First Project Fee: \$25; Monthly Supply Fee: \$10		
Lab (for members who attend workshop)		
Wednesdays	9:00 a.m. – 12:00	

Art Exhibit

Enjoy our Multimedia Art Exhibit
featuring the creations of our members from
August 24 - November 30, 2016.
Everyone is encouraged to attend the Art Exhibit Reception
scheduled for Wednesday, August 24 at 10:30 a.m.,
in the Mastick Lobby.

LANGUAGE INSTRUCTION

American Sign Language (ASL)

Mondays	Sept. 12 – Oct. 31	\$25 per session
Beginning (Class #17256)	12:15 p.m. – 1:15 p.m.	
Advanced (Class #17258)	1:15 p.m. – 2:15 p.m.	
Continuing (Class #17252)	2:15 p.m. – 3:15 p.m.	

English as a Second Language (ESL)

Tuesdays	10:00 a.m. - 12:00
September 27 – November 15 (Class #16746)	\$20

French Language (FREE)

Literary Discussion	Fridays	9:30 a.m. – 10:30 a.m.
Elementary French	Fridays	10:30 a.m. – 11:30 a.m.

German Conversation (FREE)

Fridays	10:00 a.m.-11:30 a.m.
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Italian Conversation (FREE)

Fridays	10:00 a.m. - 12:00
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Spanish Conversation (Intermediate)

Mondays	10:00 a.m. - 12:00
August 8 – October 17 (Class #17186)	\$40
No Class: 9/5	

For program locations, refer to the Activities at a Glance flier available in the Mastick Lobby and online at www.mastickcenter.com.
Programs are offered at Mastick Senior Center unless otherwise specified.

SENIORS/ADULTS 50+ - TRAVEL & COMPUTER

TRAVEL OPPORTUNITIES

Enjoy the natural beauty, cultural diversity, and award winning entertainment that Northern California offers by participating in the Mastick Senior Center Monthly Day Trip Program. We make traveling simple for you!! Just sit back and relax while we transport you on a climate controlled tour bus. A fun adventure awaits YOU! Do you have a question? Want to suggest a destination? If so, contact Ed Kallas, Recreation Services Specialist, at 747-7511 or ekallas@alamedaca.gov.



Monthly Day Trip Program

Fliers outlining trip particulars are available in the Mastick Lobby.

Filoli Gardens	\$60
September 13 (Class #16878)	8:45 a.m. – 3:30 p.m.
Allied Art Guild & Hiller Aviation Museum	\$40
October 19 (Class #17221)	8:30 a.m. – 3:30 p.m.
Museum of Modern Art	\$55
November 7 (Class #17222)	9:00 a.m. – 2:30 p.m.

Mastick Tours the Alameda Coast Guard Base - FREE

Join CDR. John Cole for a tour of the Alameda Coast Guard Base. Transportation is provided. Participants must bring a government issued photo I.D. Registration is required. Space is limited to the first 16 members who apply.

Tuesday, November 15	10:00 a.m. – 1:00 p.m.
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Extended Travel Program

To register for one of the trips listed below, contact Ed Kallas, Recreations Services Specialist, at ekallas@alamedaca.gov or 747-7511.

Sunny Portugal	
March 17 – 26, 2017	\$3,399 Double/\$3,799 Single (prices through September 19, 2016)
Highlights: Cascais, Lisbon, Jeronimo's Monastery, Fado Dinner Show, Sintra, Obidos, Fatima, Evora Winery Tours and more!	
Southern Charm	
April 30 – May 6, 2017	\$2,999 Double/\$3,799 Single (prices through September 19, 2016)
Highlights: Historic Charleston, Boone Hall Plantation, Savannah, Factors Walk, Jekyll Island, St. Simons Island, St. Augustine and more!	

Travel Presentation

Travel Presentation for day and extended tours presented by Ed Kallas and Collette Tours

September 20	10:00 a.m.	Room E
Sunny Portugal, Southern Charm, and Spotlight on Tuscany		



COMPUTER CLASSES

Computer instruction is offered from 1:30 p.m. to 3:30 p.m. in Room C. Preregistration required (at least three days prior to class start date), by visiting www.arpdeplay.com or the Mastick Office. Classes require a minimum enrollment of five students.

Prerequisite: Computer Foundations Course or basic computer skills. Flash drive required.

Computer Security & Privacy	
Mondays	September 12, 19, 26
Class #17445	\$30
Beginning Computer	
Wednesdays	September 7, 14, 21, 28
Class #17233	\$40
File Management	
Mondays	October 3, 10, 17
Class #17238	\$30
Internet Search - Better Results	
Wednesdays	October 5, 12, 19
Class #17447	\$30
Design Your Own - Art Projects	
Mondays	November 7, 14, 21, 28
Class #17239	\$40
Photoshop Elements	
Wednesdays	November 2, 9, 16, 30
Class #17234	\$40
Windows Live Movie Maker	
Mondays	December 5, 12, 19
Class #17240	\$30
Streaming Media	
Wednesdays	December 7 & 14
Class #17237	\$20

For program locations, refer to the Activities at a Glance flier available in the Mastick Lobby and online at www.mastickcenter.com.

Programs are offered at Mastick Senior Center unless otherwise specified.

PROGRAMS & SERVICES - ADULTS 50+ / SENIORS

Mastick Senior Center Programs and Services Schedule

Description	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Price
Alameda Stamp Club (1st Thur.: Sept/Dec)				10:00 am			Free
Billiards	9:00 am	9:00 am	9:00 am	9:00 am	9:00 am		Free
Birthday Celebration (4th Thursday)				12:30 pm			Free
Bocce Ball	9:00 am	9:00 am	9:00 am	9:00 am	9:00 am		Free
Book Club (1st Tuesday)		12:00					Free
Bridge (Social) (2nd & 4th Wednesday)			1:00 pm				Free
Blood Pressure Screening (2nd & 4th Wed.)			10:00 am				Free
Cards and Games	9:00 am	9:00 am	9:00 am	9:00 am	9:00 am		Free
Computer Lab	See classroom door for schedule						Free
Current Events				9:00 am			Free
Dental Consultation (3rd Thursday)				10:30 am			By Appointment. No fee.
East Bay Retired Teachers Assoc. (EBRTA) Monthly Meeting (1st Thursday)				10:00 am			Free
Fundamental Art of Beading Jewelry				1:30 pm			Refer to program flier.
HICAP		10:00 am					By Appointment. No fee.
Legal Assistance for Seniors (3rd Monday)	1:00 pm						By Appointment. No fee.
Lending Library	10:00 am		10:00 am		10:00 am		Free
Mah Jongg (Beginners)	1:00 pm	Register in the Mastick Office. Must purchase Mah Jongg playing card.					
Mah Jongg (Experienced Players)					1:00 pm		Free
Mastick Senior Center Advisory Board Monthly Meeting (3rd Wednesday)			9:30 am				Free
Mastick Walking Group	9:30 am						Refer to program flier.
Movie Matinee				1:00 pm			Free
Music Appreciation (4th Thursday)				1:30 pm			Free
Notary Service			1:30 pm				By Appointment. No fee.
Piano & Singing with Keiko					12:30 pm		Free
Podiatry Consultation & Blood Pressure Screening (3rd Tuesday)		1:45 pm					By Appointment. No fee.
Scrabble				1:30 pm			Free
Table Tennis		11:30 am					Free
Today's World		9:30 am					Free
Transportation Ticket Sales		9:00 am		9:00 am			Varies

Program dates, times, locations and fees are subject to change.

Teens Teaching Technology

Teens from the ARPD Underground Teen Center will be available in Room C (Computer Lab) from **4:00 p.m. to 5:00 p.m.** on the following Thursdays (**September 15, October 13, November 17**) to assist and familiarize individuals with personal portable devices such as tablets, smart phones and laptops. Bring your portable device(s) with you. Preregistration required and limited to the first 12 members!
To register, call 747-7506.



For program locations, refer to the Activities at a Glance flier available in the Mastick Lobby and online at www.mastickcenter.com.
Programs are offered at Mastick Senior Center unless otherwise specified.

ADULTS 50+ / SENIORS - HOT TOPICS

MASTICK'S HOT TOPICS

Hot Topics feature relevant topics of interest.

A sampling of upcoming topics are outlined below.

To learn more about Mastick programs refer to our monthly newsletter, Mastick Bee, which is available online at www.mastickcenter.com.

Preregistration is required for ALL programs listed below. To preregister, visit the Mastick Office or call 747-7506.

SEPTEMBER 2016

A Guide to Watching Pro Football

Thursday, September 1, Room E

Pigskin 101: 10:00 a.m.; Adv. Pigskin: 12:00

Join Ed Kallas, Recreation Services Specialist, for a fun instructional presentation on America's favorite sport. Learn about the history, rules, object, and player positions of various football leagues. Looking for more FOOTBALL? If so, stay for the advanced class! Preregistration is required for each class.

Annual Fashion Show and Luncheon

Thursday, September 8, 11:00 a.m., Social Hall

Join us for the Annual Thrift Shop Fashion Show and Luncheon and enjoy good food, fun, and fashion! Tickets are \$20 and available in the Mastick Office! All proceeds support Mastick Senior Center.

Outsmart the Scammers

Tuesday, September 13, 10:00 a.m., Room E

Jane Watson, with Edward Jones Investments, will explain why incidents of fraud are on the rise and how scammers' tactics are becoming more complex. This presentation will help give attendees the information they need to "Outsmart the Scammers."

Tarot Meditation Group

3rd Thursdays of the Month,

11:00 a.m. - 12:00, Rm D

(September 15, October 20, November 17, and December 15) Have you ever wanted to learn more about Tarot? If so, this class will provide an opportunity to learn by using the cards and meditation. Please bring Tarot deck, notebook and pen/pencil. Colored pencils optional. Designed for anyone interested in Tarot.

In the Garden with Alison Limoges

Tuesday, September 20, at 11:00 a.m.,

Mastick Community Garden

Join Alison Limoges, Alameda County Master Gardener and Alameda Backyard Growers Board Member, to learn about container gardening, ornamentals and veggies, seeds vs. starts, cover crops, composting, garden friends and pests, and climate. Bring your questions!

Benefits for Former Atomic Workers

Tuesday, September 20, 1:00 p.m., Room D

Learn about the Energy Employees Occupational Illness Compensation Plan Act (EEOICPA), established in 2000, to provide monetary compensation and free medical care to current and former Department of Energy Employees who are ill due to exposure to radiation and/or toxic chemicals during their employment. The program is administered through the Department of Labor (DOL). Presented by Nuclear Care Partners, an approved medical provider under the U.S. Department of Labor programs.

9th Annual Ice Cream Social

Wednesday, September 21, at 12:30 p.m., Courtyard

Welcome the cool breeze of autumn by indulging in ICE CREAM! The cost is \$2 per person paid in advance in the Mastick Office and entitles you to one ice cream sundae provided by Tucker's Ice Cream. Sponsored by the MSCAB.

City Manager

to Visit Mastick Senior Center

Thursday, September 22, 10:00 a.m., Social Hall

Welcome Jill Keimach, City Manager, to the City of Alameda and Mastick Senior Center.

Your Brain on Dance

Thursday, September 22, 1:00 p.m., Room A

Science confirms that dance is an outstanding activity for keeping the brain sharp. Learn how dance stimulates the mind to promote learning and retention. LaurieAnn Lepoff, facilitator, uses these facts to assist seniors with physical and cognitive development.

FREE

OCTOBER 2016

From Blue Lines to Zambonis: Ice Hockey for the Beginner

Tuesday, October 4, 10:00 a.m. - 11:30 a.m., Room E

Join Ed Kallas, Recreation Services Specialist, to learn about equipment, how the game is played, and how the ice is prepared in this entertaining presentation. Ed officiated professionally, plays and has coached the sport over the course of 28 years.

Radio in 1922:

What the Boys & Girls Knew

Tuesday, October 4, 1:00 p.m., Room D

Stations were licensed and children led the way, building their own radios and interesting their parents. Did children invent popular radio broadcasting in the U.S.? Attend the California Historical Radio Society's presentation to get the answers!

Aging with a Pet

Wednesday, October 19, 1:00 p.m. in Room D

FAAS representatives will discuss the benefits of aging with a pet. They will be accompanied by furry friends!

FREE

FREE

For program locations, refer to the Activities at a Glance flier available in the Mastick Lobby and online at www.mastickcenter.com.

Programs are offered at Mastick Senior Center unless otherwise specified.

HOT TOPICS - ADULTS 50+/SENIORS

Funerals and Memorials Seminar

Tuesday, October 25, at 1:00 p.m., Room D

Join Barbara Boag, Greer Family Mortuary and Cremation Services, for an informative seminar on funeral services. Topics include: Value of Ceremony; Current Trends in Funeral Service; the Service; Costs; the Role of the Funeral Director; and a Q & A session.

Goblins Groove Halloween Dance

Thu., October 27, 1:00 p.m. to 3:30 p.m., Social Hall

Wear your costume and GROOVE with us at the Goblins Groove Halloween Dance! Attendees in costume have a chance of winning awards! Friends welcome and refreshments included! Cost: \$2 per person.

Trick or Treats at Mastick

Monday, October 31, at 12:00, Dining Room 1

Join us as we give out treats to our costumed-neighbors from the ABC Preschool.



NOVEMBER 2016

Heavenly Hair at 50!

Tuesday, November 8, at 1:00 p.m., Dining Room 2

Hair changes as we mature. The amazing Brandon of Complements Salon will enchant us with demos and tips on how to care for aging hair. Learn about hair loss, hair color, extensions, wigs, and MORE!

DECEMBER 2016

Holiday Sing-a-Long

Thursday, December 8,

10:00 a.m. – 11:00 a.m., Media Room

Sing with Santa and the Community Chorus. See Mastick's American Sign Language class "sign" carols. Enjoy complimentary holiday treats!

FREE



HOTLINES

511 Transportation Hotline

511 is a one-stop phone and web source for up-to-the-minute Bay Area traffic, transit, rideshare, and bicycling information. It's FREE and available whenever you need it – 24 hours a day, 7 days a week – from anywhere in the nine-county Bay Area. Call 511 or visit 511.org.

Info & Referral Assistance Hotline

Need Help? Get answers by simply dialing 211. 211 is a free, non-emergency, confidential, three-digit phone number and on-line service (211.org) that provides easy access to housing information, and critical health and human services. 211 operates 24 hours a day, seven-days a week with multi-lingual capabilities.



For program locations, refer to the Activities at a Glance flier available in the Mastick Lobby and online at www.mastickcenter.com.
Programs are offered at Mastick Senior Center unless otherwise specified.

REGISTRATION - INFORMATION

ENROLLMENT POLICY

The Alameda Recreation and Park Department's programs and activities are open to anyone regardless of residency. Please note that there are some resident and non-resident fees. We offer many different ways to register. Some programs may have limited registration options due to the nature of the activity requirements. Also, some programs may require proof of age for participants.

PAYMENT INFORMATION

Most programs have an enrollment fee. The full payment for the program is due at the time of registration. No reservations/registrations are held without payment. Payments may be made with **cash, check, money order, Discover, MasterCard or VISA**. Your payment guarantees you a spot in each class of the session regardless of whether or not you attend. **We do not prorate or credit any missed classes or late registrations.**

PROGRAM CANCELLATIONS

The Alameda Recreation and Park Department reserves the right to cancel a class if it does not meet minimum enrollment requirements. Participants enrolled in cancelled classes will either receive a full refund OR a full credit on their account to be used toward a future class or program.

CLIENT WITHDRAWALS AND REFUNDS

- If a client requests a withdrawal and/or transfer from ANY class or program before the start date, there is an automatic \$15 administrative fee.
- The remaining funds will only be applied to your account as a credit to use for a future class or program.
- After a class begins, withdrawal and/or transfer requests are charged an automatic \$15 administrative fee and will be prorated based on the number of classes that have already passed in the session.
- Any remaining funds will be applied to your account as a credit to use for a future enrollment.
- Please note that certain programs have different refund policies. Plan accordingly.
- **THERE ARE NO REFUNDS/CREDITS/MAKE-UPS ALLOWED FOR ANY CLASSES YOU MISS.**

REGISTRATION OPTIONS

Register In Person

ARPD Main Office
2226 Santa Clara Avenue
Alameda, CA 94501
(between Walnut and Oak Streets)

Office Hours:

**Monday to Friday,
8:30 a.m. to 5:30 p.m.**



U.S. Mail—Mail completed

forms with payment to:

ARPD
2226 Santa Clara Avenue
Alameda, CA 94501
OR

E-mail completed forms with
payment (Discover, MasterCard
or VISA) to:
arpd@alamedaca.gov



Register Online at www.arpdeplay.com

Contact ARPD Staff at arpd@alamedaca.gov if you have any questions setting up your online account.

We do not mail receipts if you register online. Remember to print your receipt at the end of your online session. There is a \$5 per receipt fee to reprint receipts.



Register By Phone

during regular business hours at (510) 747-7529. We accept the following credit cards: **Discover, MasterCard or VISA**. Not all program registrations can be completed by phone.



Register By Fax

510-523-4071 with the following credit cards: **Discover, MasterCard or VISA**. Forms without payment cannot be entered.



For more information, check out our website at www.alamedaca.gov/recreation

FORM - REGISTRATION



Alameda Recreation and Park Department

2226 Santa Clara Avenue, Alameda, CA 94501

(510) 747-PLAY • FAX (510) 523-4071 • arpd@alamedaca.gov

Online Registration: www.arpdplay.com • www.alamedaca.gov/recreation

REGISTRATION FORM

CLASSES & SPORTS

In Person or Mail:
ARPD Main Office
2226 Santa Clara Ave
Alameda, CA 94501
(510) 747-7529

SENIOR CENTER ACTIVITIES/CLASSES

In Person or Mail:
Mastick Senior Center
1155 Santa Clara Ave
Alameda, CA 94501
(510) 747-7506

- Full payment is due at the time of registration. Checks payable to ARPD, Discover, MasterCard or VISA accepted.
- Withdrawals may be made by e-mail, phone or in person with a \$15 processing fee (or otherwise stated). The remainder of fee will be placed as a credit on your account to be used in the future.
- Parents/Guardians, there is a late fee of \$1 per minute per child for every minute you are late picking up your child/children from programs/classes – payable that day.

PARTICIPANT'S		BIRTHDATE	M/F	GRADE (IF ANY)	ACTIVITY TITLE	CLASS #	FEE
LAST NAME	FIRST NAME						
TOTAL FEES DUE:							

MAIN CONTACT OR PARENT/GUARDIAN INFORMATION

LAST NAME _____ FIRST NAME _____

Address _____ City _____ Zip _____

Home Phone _____ Work Phone _____ Cell Phone _____

Email Address _____

Emergency Contact Name _____ Relationship _____ Phone _____

Emergency Contact (Other Than Parent) _____ Relationship _____ Phone _____

Participant's Medical Information/Allergies _____

LIABILITY WAIVER

1. Undersigned hereby releases, waives and discharges the City of Alameda, its directors, employees, agents, volunteers and independent contractors from all liability to the undersigned and/or his/her personal representatives, assignees, heirs, and next of kin for any loss or damage and any claim or demands accruing or resulting from injury to the person or property or death of the undersigned, whether or not caused by the negligence and/or property of the City of Alameda, its directors, officers, employees, agents, volunteers, and independent contractors.
2. Undersigned hereby assumes full responsibility for and risk of bodily injury, death or property damage, whether or not it is due to the negligence of the City of Alameda, its directors, employees, agents, volunteers and independent contractors or otherwise while in, upon or about the premises of the City of Alameda and/or while using the premises or facilities or equipment, including AED machines, or program transportation thereon.

PHOTO CONSENT: Undersigned authorizes the City of Alameda to use your (or child's/ward's) photograph in any future educational and/or community informational purposes, (including, but not limited to the website, newsletters, Activity Guide, Mastick Newsletter or social media) produced by the City of Alameda.

☐ Check here if you do not give photographic consent.

CONSENT TO TREAT: I hereby give my consent for the City of Alameda staff to take me (or my child/ward) to the appropriate medical services and give appropriate medical authorization in the event that I cannot be immediately contacted. It is understood that the cost thereof will be at my expense.

☐ Check here if I do not consent to treat and I request that medical or surgical services be withheld.

Undersigned has read and voluntarily signs the release and waiver of liability and indemnity agreement, and further agrees that no oral representation, statements or inducement apart from the foregoing written agreement has been made.

Signature _____

Date _____

☐ Participant ☐ Parent/Guardian

☐ Check (payable to ARPD) ☐ Discover / ☐ VISA / ☐ MasterCard #: _____ Exp Date _____

Name on Card _____ Signature _____

Address on Card _____

By signing, I authorize the City of Alameda to charge my credit card for the activity costs listed above.



Alameda Recreation and Park Department
2226 Santa Clara Avenue
Alameda, CA 94501

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RESIDENTIAL CUSTOMER

SATURDAY, OCTOBER 15TH - 2016

A 22-MILE FUN BIKE RIDE ALONG THE SHORELINES OF ALAMEDA, BENEFITTING ALAMEDA PARKS



9am: Ride begins

11am - 3pm: After-party includes food, fun,
and music by **The Sun Kings**

All participants get a FREE t-shirt and food truck ticket

PRICES

Adults: \$35 Before Sept 1
\$45 After

Children: \$20

Register and more info available at www.alamedabicycle.com/bike4parks